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S.H.O.O.T

Self defense in the 21st century

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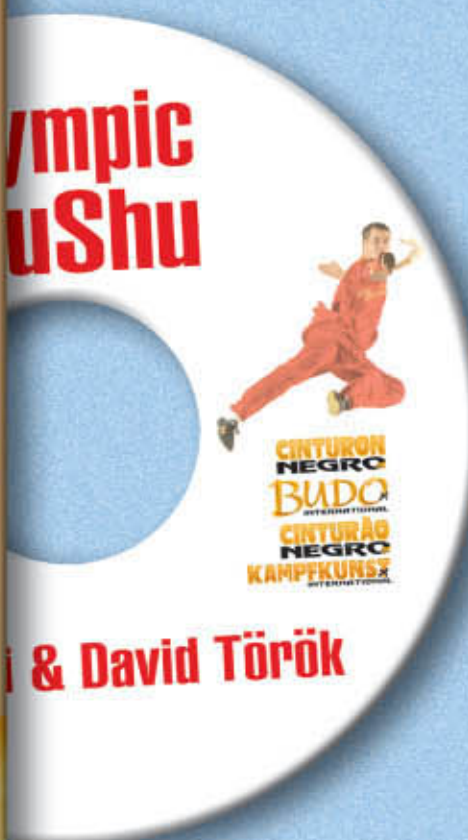
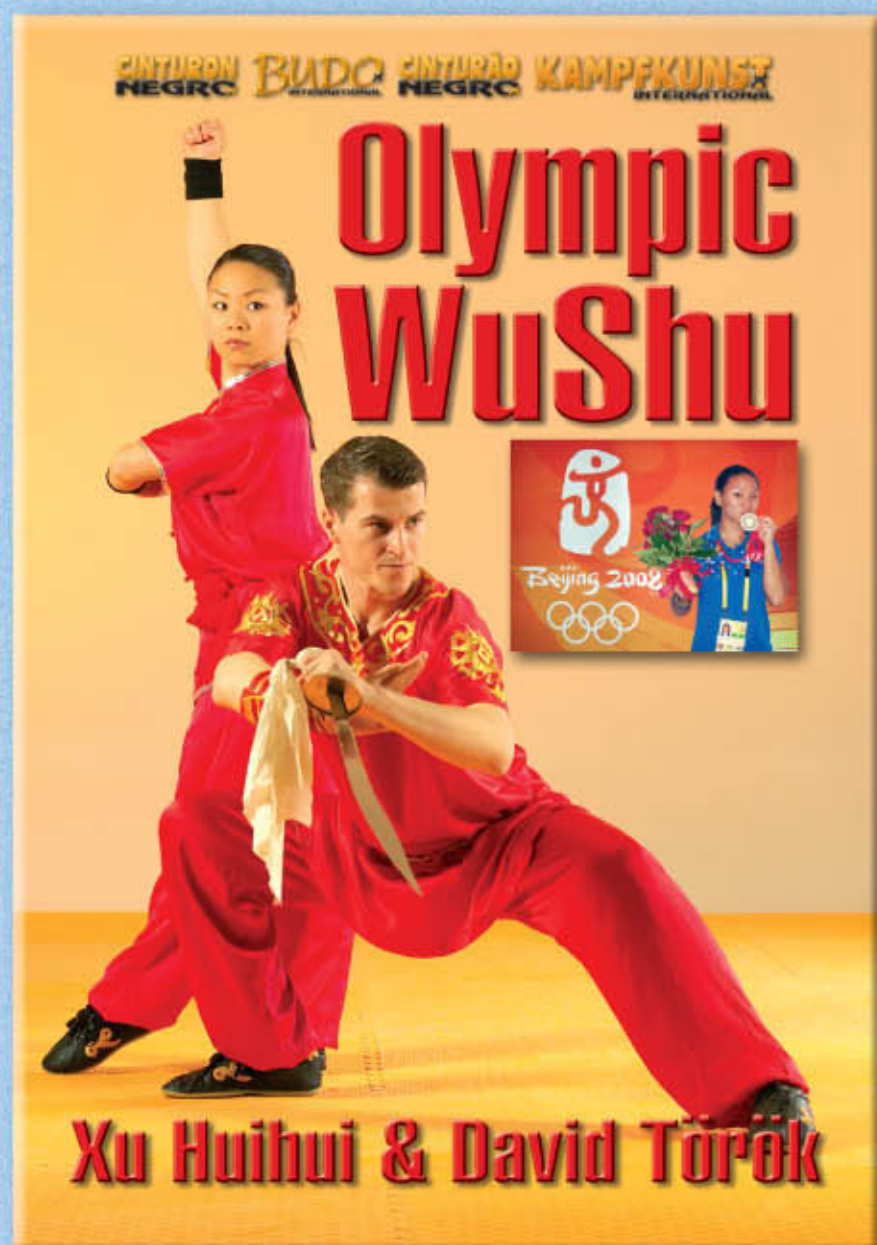
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EDITORIAL

MILITARISM AND ANTIMILITARISM

"The object of war is not to die for your country, but to make the other bastard die for his".
General Patton

The disappearance of conscription in most Western countries is experienced as a symbol of modernity and wealth for a country. Rome, in its decline, also lived of the mercenaries, and that is why it ended as it did.

The right and duty of every citizen of serving his homeland is part of the real civic education of a person, but today it is an almost impossible task which has almost any recognition. The disappearance of compulsory military service, so welcomed by young people, however, makes them lose one of the few opportunities they have in their lives, to live a unique experience in their formation as individuals. It was the last remaining liturgy we had from our ancestors, of their initiation ceremonies and passage from adolescence to adulthood, a phenomenon that has fallen from grace in a context of disapproval of everything related to military.

There is a feeling widespread in Europe against the military, its spirit and what it represents. The bad press of the military and militarist comes from a campaign orchestrated for a long time from the ideologies of the European left, which have adopted the anti-system movements as theirs. It is an anachronism from the days of the Iron Curtain and the paid parties in Moscow. The anti-system groups have taken this flag. What a paradox! The symbol which characterizes and represents them most is the face of a guerrilla with a military beret and a commander star; the myth of a guy with a scary record of murders, lots of movies and songs made about him, his photo printed everywhere, drenching the sweat in T-shirts. But the youngest people have been captivated by a strange remake of hippy ideology, where women and anti-authority values freely exist, since the military thing stinks of masculinity, even if the matter of the uniform has lately become mixed.

Universal solidarity and love, both feelings welcomed at their proper

time and with whom it was appropriate, have now been taken out of context to serve an ideology, more interested in having many docile sheep to manipulate them more easily, than in giving a boost to a strong youth, more critical and consequently freer.

For all this to happen according to the "doves" plan, a proper breeding ground is necessary, a castrating ideology to draw a good scenario, typical of the good savage: how bad all imperialists of the first world have been and how good the others have been. They are so natural and good people! Their colorful and folkloric things (they suit us so much with our ripped jeans), their cool customs, their "super sensitiveness" and exoticism. One day those optimists will have a nice surprise.

The armies of half Europe are beginning to be like the Americans, made up with foreigners, who get their citizenship and passport by enlisting. I have never been against mercenaries, somehow I feel very "Ronin", but the fact that the bulk of the workforce who is willing (and knows) to defend its country is imported, is not a great idea from my point of view.

At least, the United States of America keep a strong military tradition that allows them to have a part of local members. It is though for the Spanish government to get workforce in their ranks; they have made ads on TV, but in order to "sell" the product they talk about it as if you were applying for a NGO. It is not strange the bad smell of the military, but it is their fault. Lately they have corrected it and now the ads appeal (of course...) to sentimentalism.

Being a soldier is not the same as being a civilian. If you are soldier, you are so 24 hours a day, as a doctor or a policeman. They are vocational professions, and those who like weapons, adventure, and overcoming themselves, those heroic things typical of the military, such as shooting, will not be convinced by the story of joining an NGO. Without vocation it

will not work: I have been told that in Spain sick leaves multiply when the magic word is pronounced: maneuvers. But what can be expected if the military spirit has been postponed and diminished for years? Behind it there is a magma of biased thinking, a politics and world view which has impregnated everything and which has been slowly permeating all levels of society.

The military feeds on other things but good intentions. A soldier exists to know how to kill and to avoid being killed, him or his partners. His role will not be thinking, but obeying; his *raison d'être* is not building schools or acting as a policeman, but defending the territory against the enemies.

The occupation of a soldier is essential for the tribe, for the nation, because he who hopes that the enemy will not come, as Sun Tsu said, "in a hundred battles will always be lost". In part, the absence of war and the modernization of the army have misled the staff, who was happy to be confused. We have not had wars in Europe for many years, until the Balkan conflict suddenly woke us up from that dream. But did it really do it? Or was it something that we remotely lived, on TV, as if it were a movie? When we decided to take part in the mess, the actions were taken bad and late, and just because the Americans took a step forward once again. This distance from the experience of war has relaxed the minds of the average European in such a way that he never imagines himself as a passive object of it.

Peace, idolized in certain areas, is impossible without deterrence. I have said it many times, peace is just the absence of war, it has no own entity, it is defined by default. It is an empty god who chosen by many people to be worshipped. But deterrence, the essential tool for peace, is based on the credibility of the threat, in the actual capacity of the armed forces, and these are formed by men, not only by machines. The average European, in his daily dream of a world of



technology, believes that the army depends on a few machines, missiles and things like that, which someone operates from a warm refuge, or launches from a supersonic airplane of million of euros. But in any war there must be an army to occupy the territory; without such a troop there can never be a victory, and without it any war can end. Therefore, the worshipers of peace should venerate those who make it possible, the armies, but quite the contrary, the members of that sect demonize them.

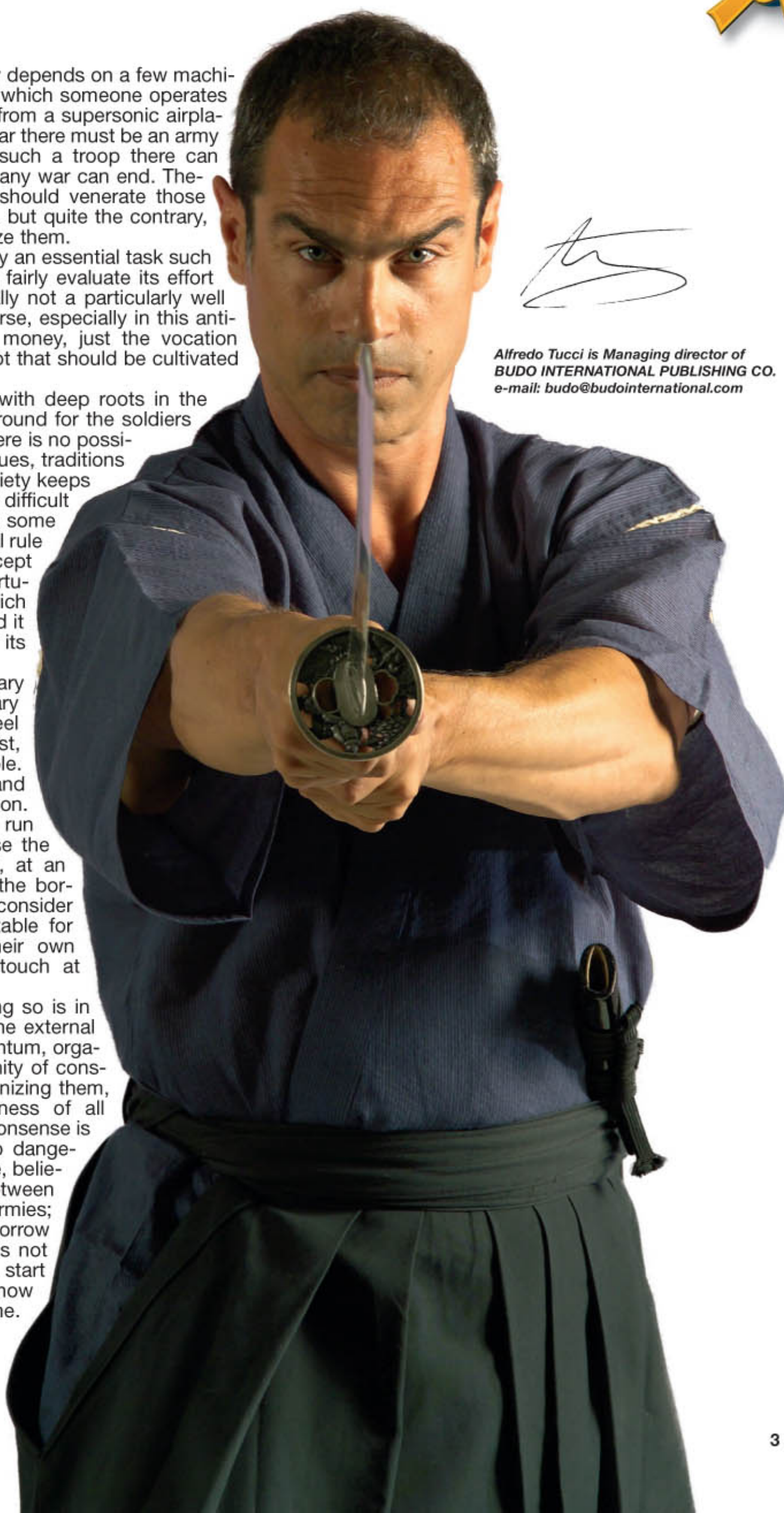
When society delegates to its army an essential task such as the continuity to exist, it must fairly evaluate its effort and its work. However, it is usually not a particularly well paid work, and it is even paid worse, especially in this anti-militarist context. If there is no money, just the vocation remains, and this is always a shoot that should be cultivated rather than trampled.

Cadet academies, an institution with deep roots in the U.S., are an excellent breeding ground for the soldiers and officers of the future, but if there is no possibility to express with pride the values, traditions and military symbols because society keeps an antimilitarist ideology, it will be difficult for it to work in Europe. There are some exceptions though, but the general rule is to be contrary to the military, except when we see the danger signs. Fortunately, there is a part of society which has not swallowed the bait yet and it still goes into the street proud of its flag to cheer its soldiers.

In fact, it is possible to have a military soul while being civilian. The military is a way of life and many people feel it that way. People "of order" exist, but being so is not fashionable. Here, the "everybody is good" and the "anything is right" are the fashion. The intellectuals are ashamed to run in the opposite direction, because the homeland is something atavistic, at an elementary level: "we must end the borders!" they proclaim, but they just consider the borders which are most suitable for them, for example, those of their own house or bank account, don't touch at them!

Human beings are territorial, being so is in our biology; the armies are just the external and joint realization of that momentum, organized around a nation, a community of conscience, culture and history. Demonizing them, proclaiming the universal goodness of all beings and also hoping that this nonsense is true, is not only coarse, but also dangerous. Things can always get worse, believe me, and then the only line between freedom and disaster will be our armies; if we do not get ready today, tomorrow we will pay for it, and even if it is not trendy, damn it! someone has to start saying these things ... even if I know that blows will rain down on me. Europe, wake up!

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KYUSHO.



p. 14

Evan Pantazi starts with this article and the video he presents along with it, a research which will progressively reveal those "treasure maps", always looked at through the light of Kyusho.

US ARMY CADET CORPS



p. 60

Las academias militares de EEUU por primera vez abiertas a jóvenes Europeos. La vida militar conjugada con la posibilidad de mejorar el Inglés, son dos de las ventajas que ofrece este proyecto pionero en este sector.

MMA



p. 30

The coach Benkei, nicknamed the Magician of the Scales, is revered by athletes from the American Top Team mainly for the amazing work of recovery he does with them.

UFC



p. 24

Addict to tranquilizers, Paulão Filho has fallen into a depression; with his first bitter defeat he has lost the belt and he has been dismissed from the UFC.

JIU-JITSU



p. 54

Considered the biggest idol in the history of Jiu-Jitsu and one of the most important precursors of MMA all over the world, Rickson Gracie, 18, is aware of his relevance in the history of the sport.

Zusammenfassung Sommaire Sumario

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SHOOT

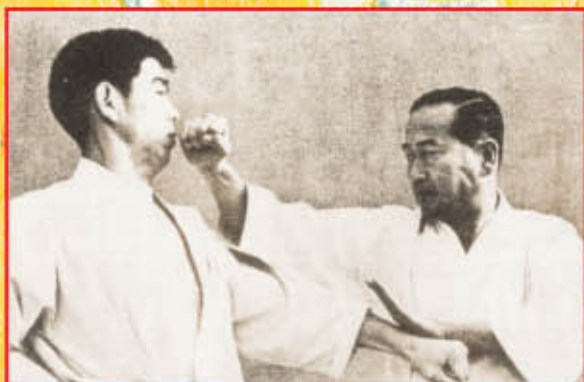


p. 06

No doubt, with the steady increase in public insecurity, the need for self protection becomes increasingly evident and S.H.O.O.T. becoming more and more important in society.



KARATE



p. 49

Salvador Herraiz, who met Nakayama more than twenty years ago at the Hoitsugan Dojo, has now come back to this mythical place and tells us how history has treated the Honbu Dojo of Nakayama after two decades of absence of its founder.

Summary Sumario Sommario

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Self Defense

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S.H.O.O.T



The continuous evolution of Martial Arts is an unstoppable phenomenon. New situations, tactics, attacks and counter attacks, inevitably lead to an answer within an infinite dialectic.

The emergence of Mixed Martial Arts, MMA, the development of ground fighting, have forced the new paradigm for the twenty-first century in a scene where no one can stand aside. The S.H.O.O.T. is an effective answer to all this. Ingeniously combined, the best part of each Art has acquired its own value as a system of self defense, even in people who had never practiced Martial Arts before. Its undoubted success goes hand in hand with its greatest exponent, Master Alejandro Iglesias, who has finally made the step that many had hoped, making a great video and a book about his Martial Art. A work of great technical level which will benefit many people.

Alfredo Tucci



www.franquiciashoot.com
Alejandro Iglesias

**1****2****3****4****5****3.1**

1: Daniel is on the defensive guard, José is on the offensive guard 2: Daniel puts his elbow on the ground to start a lift3: José grabs Daniel's forearm with his hand, making a hook 3.1: Detail of the hook grabbing 4: After supporting the hook with his weight, José goes beyond Daniel's legs and goes to his back 5: With the hook supported and from the back, José can beat Daniel from a safe position

History and Evolution of S.H.O.O.T.

The history of the S.H.O.O.T. system is the history of its founder, Alejandro Iglesias Costas, who at an early age began the practice of Martial Arts, in 1969, first with Sambo and Olympic Wrestling, to which he later added the learning of a hard style of Kung-Fu.

Over the years, he researched and learnt different systems of Martial Arts and Contact Sports, incorporating some of his concepts and techniques to his own viewpoints on fight; this, along with his personal experience, led him to develop his own Combat System, different from those that already existed, which he called the acronym S.H.O.O.T. (Scientific Hi-Level Overcoming Opponent Technique), based on Japanese S.H.O.O.T. fighting, the first hybrid fight system (Blows + Levers), which became popular worldwide.

Fight Technique

From the beginning, the techniques and tactics of S.H.O.O.T. have been tested continuously in Contact Sports competitions, through

the S.H.O.O.T. R & D team, a group of professionals who train and compete in order to examine the techniques that are taught in S.H.O.O.T. self defense system, to test their effectiveness in a real situation.

From the late 80's to the late 90's, the competitors trained by Master Iglesias were outstanding in the international arena of Contact Sports (Boxing, Full Contact, Kick Boxing, Muay Thai, Sanda...), Grappling (ADCC) and, of course, in Mixed Martial Arts (MMA), as the first MMA Competition Team in Spain and one of the first and most important ones in Europe.

With the new millennium, the S.H.O.O.T. team focused on MMA competitions, as they were the most realistic tests to try the technical S.H.O.O.T. system which is taught in the academies.

S.H.O.O.T. has been under consideration around the world with resounding success at events of international level, winning in international MMA tournaments such as MARS (Japan / Asia), M-1 (Russia), Euphoria MFC (North America), Ultimate Combat, European Vale Tudo, Shooto Belgium (Europe), KSW (Eastern Europe)...

Through these practice tests, the techniques that prove to be more effective are reinforced, becoming part of the Technical Program of S.H.O.O.T., and those which don't get good results are modified or replaced by more effective ones.

With the new findings which are obtained through constant practice and, of course, through continuous tests which are increasingly harsh and complicated, new versions of S.H.O.O.T. are created, making this system remain always alive and constantly evolving, so that the first Technique and Tactic Program which was developed in the early 90's, listed as S.H.O.O.T.-1 (S-1) has changed many of its techniques in comparison with S.H.O.O.T.-4 (S-4), last Master's Iglesias technical plan, created at the end of 2008.



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Alejandro Iglesias





6

7

8

9



8.1

6: Daniel is on the defensive mounting, José is on the offensive mounting 7: Daniel puts his elbow on the ground to start a lift 8: José grabs Daniel's forearm with his hand, making a hook 8.1: Detail of the hook grabbing 9: With the hook secured and his weight properly placed, from the back, José can beat Daniel from a safe position

MMA Techniques for everyone

Simultaneously to the improvement of the fight technique, an organized and progressive Teaching System was developed, which had a point of departure and an end to teach the basics of S.H.O.O.T. in an easy and effective way.

The result of that work gave way to the S.H.O.O.T. course, which consists of a combination of Private Lessons (which guarantee excellence in learning) and Group Lessons, aimed at training and subconsciously setting the techniques through practice.

In 1999, after going through some experimental models of Academy, the first Academy of S.H.O.O.T. was built with specific facilities for the teaching of this system, which include one of the most innovative features of S.H.O.O.T.: the Classroom for Private Lessons, a close room with an integrated computer, containing the S.H.O.O.T. course, with computing tools that help to teach the Shooters and the management of the Academy.

The union of all these elements together is what gives full meaning to S.H.O.O.T., getting the most advanced and effective fight techniques to reach everybody, so that anyone, without becoming a professional fighter, can learn and

a real SHOOTER, with all the values this implies.

This is the reason for the high acceptance of S.H.O.O.T. among people who know it, helping to popularize the most efficient techniques of MMA among enthusiast practitioners who, otherwise, would reject this activity and, in this way, they are now their greatest advocates.

The fulfilment and the final test of the success and public acceptance of the System came in 2003 with the creation, in the

use these valuable resources, becoming

city of Valencia (Spain), of the S.H.O.O.T. Central Academy, the world's largest center devoted to teach fight techniques, 2000 square meters of surface and facilities, all the equipment for teaching and practice of S.H.O.O.T., including the ring and the octagon and a world innovation: the Mock Fight Area, a large room that is the real recreation of the street in a city, where there are the two main devices of the simulation: Scenarios and Environmental Conditions.

In 2006, the work on Fight Science and its application to Self Defense,

carried out by

Master Iglesias and his colleagues, was accepted by the Birkham International University, a private university that offers courses in higher education, which delegated to the S.H.O.O.T. Central Academy the task of providing university education on self defense.

One of the greatest causes of the pride of S.H.O.O.T. is having succeeded in creating the S.H.O.O.T.





S.H.O.O.T

Central Academy, from the modest economy of a Teacher of Martial Arts in the late 80's, with a unique and exclusive dedication to teach Fight Systems, after a path of many difficulties and sacrifices, along with a very hard work and hours of study.

Expansion through Franchises

Being the pioneers in Spain in this realistic way of seeing and practicing Mixed Wrestling has made the S.H.O.O.T. Academy become a source of pilgrimage for practitioners of distant places.

This led to an invisible expansive force that "pulled" out of the S.H.O.O.T., which had a great tendency to spread and grow in other places.

But the experience gained by the S.H.O.O.T. Organization, which dates back to the beginning of the first Associations and Federations of different Martial Arts and Contact Sports that were created in our country in the mid-80's, kept this momentum until enough tests were carried out to find the best way to replicate the success of S.H.O.O.T. in other cities.

Finally, after many researches, at the end of 2007 a model of organization was achieved, where Instructors could change their vocation into a profitable, socially

recognized and valued profession, through the Constitutional System of Franchises.

Materializing this project, S.H.O.O.T. was legally formed in Spain as the First Franchise in the world dedicated to teach Fight, making it one of the franchises that grew most and had the best results in 2008, achieving the 14th position among the 1144 franchises operating that year in our country, higher than very well known brands.

This amazing growth confirmed that if Fight teaching is done with passion, honesty and perseverance, a respectable, serious and reliable enterprise can be created, which can offer a promising work future and improve the lives of many people.

The future of S.H.O.O.T.

There is no doubt: with the steady increase of public insecurity, the need for self protection becomes increasingly evident and S.H.O.O.T. is becoming increasingly essential in society.

With regard to the Fight technique, the researches will go on, the R & D team will continue to attend the major international events and the teaching work will be improved, incorporating all the necessary means to improve the training for Shooters and

continue spreading the S.H.O.O.T. life style, getting more and more people to change and improve through the self confidence provided by this system.

One can imagine a future where Shooters will be a great group of strong, optimistic and positive people, who walk fearless and defend what they believe fair in our society.

Technical Program of S.H.O.O.T.

Techniques:

The S.H.O.O.T. system consists of three main parts:

Hard Part - Hitting Techniques (fist, elbow, foot, knee blows, etc.).

Soft Part- Lever Techniques (Projections, luxations, choking, etc.).

Inside Part - Knowledge (tactics, strategy, general research on fight...)

Teaching:

Private lessons:

The Private Lessons are teaching units designed for a Shooter to learn S.H.O.O.T. in a progressive way, adapted to each person.

These classes are conducted individually, student-instructor, in a classroom designed to optimize the teaching of the system as much as possible.

www.franquiciashoot.com
Alejandro Iglesias



5



SERIES I :

- 1: Daniel is on the defensive guard, José is on the offensive guard.
- 2: Daniel is seated and grabs José's trunk
- 3: Daniel puts his elbow on the ground and secures José's wrist
- 4: Daniel performs an arm lock by bending José down
- 5: Daniel falls on his back and immobilizes José, closing his arm and moving his leg over him to prevent him from rolling

5



SERIES II

- 1: Daniel is on the defensive guard, José is on the offensive guard.
- 2: Daniel sits down and secures José's trunk
- 3: Daniel approaches his supporting hand and puts up his hip, lifting José
- 4: Daniel passes his leg over José, reversing the position and getting out from below
- 5: Daniel secures the mounted position.





Report

In the classroom all the necessary elements are integrated for its realization: Computer with the Technical Program and videos to help the understanding of the techniques, necessary protections for the practice, training equipment for hitting techniques and various supplements for some of the classes.

Group Classes and Free Training:

Private Lessons are complemented with Group Classes, where all SHOOTERS of an Academy participate together in a Group Class taught by an Instructor.

In the Group Classes the Shooters TRAIN everything they have LEARNT in Private Lessons.

It is not necessary to accumulate a certain number of private lessons before beginning the improvement in Group Classes. Any Shooter has the

ability he needs to attend those classes since his first Private Lesson.

During the training there is a cooperative environment. Each Shooter must help his partner so that he improves technically.

The Shooter will see in a few days the benefits of this practice, technically, physically and psychologically.

After the S.H.O.O.T. Course

The S.H.O.O.T. course focuses on providing the Shooter a solid technical ground in all ranges of a Fight, giving him wide resources to be able to face an unarmed opponent.

When the Shooter completes this stage, he can continue to practice, extending knowledge and further developing his technical level over the years, through different paths: Specific classes for Certified Shooters, Seminars and different courses, among which some are renowned for their rigor, such as the Instructor

Course and the R & D Competitor Course.

Logically, the S.H.O.O.T., like any other Fight system, is a science that can be cultivated throughout life, while continually learning and deepening in its technical and tactical principles, so its scope is not limited to end the Basic Course.







Text: Evan Pantazi
Photos: © Alfredo Tucci.
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Evan Pantazi



Siu Nim Tao

Kyusho International

Kyusho - Wing Chung

The secret "points" within the forms

There are many who see the Kata, Taos, or forms, as a simple concatenation of established movements with a teaching purpose, or as a simple vehicle for perpetuating a system.

Scholars of Dim Mak or Kyusho, the vital points, have never been satisfied with that view. Convinced that the old Masters worked beyond the visible aspect, they have deepened in the study of the deep meaning of these sequences, looking for the secret map written on each of them and available only for the eyes of those who could "see".

Evan Pantazi begins with this article and with the video he presents with it, an investigation which will reveal those "treasure maps", always seen in the light of Kyusho.

His research won't be limited to Karate styles or Okinawan styles, Chinese tradition is also full of these singularities; so in this occasion one of the best known forms of Wing Chun, Siu Nim Tao, particularly its first part, will be broken down and analyzed in detail for you all.

We mustn't forget that acupuncture comes from China, it is natural to think that its knowledge and use were widespread among people with specific training since time immemorial. It is therefore not surprising to see the old Masters

mastering more than the basics of energy flow in the human body.

As this knowledge has been hidden until now, we'll start to see many people saying "I had already told you that!", even others saying... "It's amazing what the Romans invented!"; but Pantazi's work has the solidity and strength of an impeccable career and a proven specialization in this subject, which have made of him a renown Master all over the world.

This new approach will be particularly interesting for students of this style, but certainly also for all those who have been touched by Kyusho. The formulation of combinations of the points attacked always opens up an interesting proposal for those who have not only experienced Kyusho, but also for those who have chosen to go well beyond curiosity, in order to dive fully into its criteria.

Alfredo Tucci





Integrating Kyusho: Siu Lim Tao

Wing Tsun/Chun is a concise and direct Martial Arts Style with many generations of history since its inception. In the centuries of its existence, it has become one of the world's predominant styles, a testament to its efficiency and effectiveness. This style embodies the same principles as the study of Kyusho (also known as Dim Mak or Dim Hsueh in various oriental dialects), in its economical use of power and precision over strength to achieve maximum results. It is in these efficient and precise movements that we see the tenants of Kyusho as well as a direct correlation between the two bodies of knowledge.

Although Kyusho can be learned without prior martial experience, you still need an efficient and adaptable delivery system of strikes, kicks and grabbing techniques to employ it. It is to this end that we focus on the first Wing Tsun/Chun form of Siu Lim Tao. Some believe this first form to be basic and just a training exercise to develop coordination, posture, balance and other necessary attributes. However it is a virtual library of powerful and precise targeting possibilities that will enable the practitioner to increase their skills and capabilities in a complete system unto itself. We are going to investigate this incredible set of physical movements using the anatomical targeting of Kyusho to open a new wealth of infinite possibility and study for the practitioner.

Kyusho is the study of the weaker anatomical structures of the human body and how to properly affect them and in so the physiology and function of the body. It is the knowledge and skill to attack or mani-

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pulate targets located on Nervous and Vascular (sometimes both) structures. Because these targets are affecting these systems, we are actually attacking the internal body as opposed to the external structure. The external body was designed by nature to take abuse, from strikes, falls, torn tissue, ect. What it isn't designed or adapted to is attacks on the internal structure and functions, precisely why Kyusho has such devastating and predictable effect... Siu Lam Tao exploits this perfectly.

Prior to beginning to decipher the form in technical application we also need to see the structure of the form as an amazing wealth of vital information as well. The main key lies in the 45-degree angle that is depicted in every posture or position of the body and the transition in these same angle motions and positions. Books and lifetimes have been devoted to this study and not in the scope of this analysis, but what is important in relation to Kyusho is that this very angle is the offensive as well as defensive key to making Kyusho work. The application of force on these Vital Points all enter on a 45-degree angle (and the reason many did not find them accidentally).

As the defensive applications have been developed endlessly, let us focus on just the offensive or attack possibilities and their applicable targets. First we can realize that every move, no matter how small can be directed as an attack on a Kyusho Target. From the very opening motions of the form, typically used to signify the centerline theory, we can see an infinite collection of single and double hand attacks. To briefly describe the moves for those not acquainted, both hands starting in fist positions by the mid ribs, then push down to belt level as the arms cross and hands open. During this the feet also move simultaneously, so as not to confuse the issue we will leave that for another discussion.

Even though both hands have been moved simultaneously does not necessarily mean they cannot work independently in the same manner. As example you are in a tight position with the opponent, this hand position can simply be used to grab the opponent (by the arm, clothing, hair or whatever you have been able to grip on the

Síu Ním Tao

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Evan Pantazi

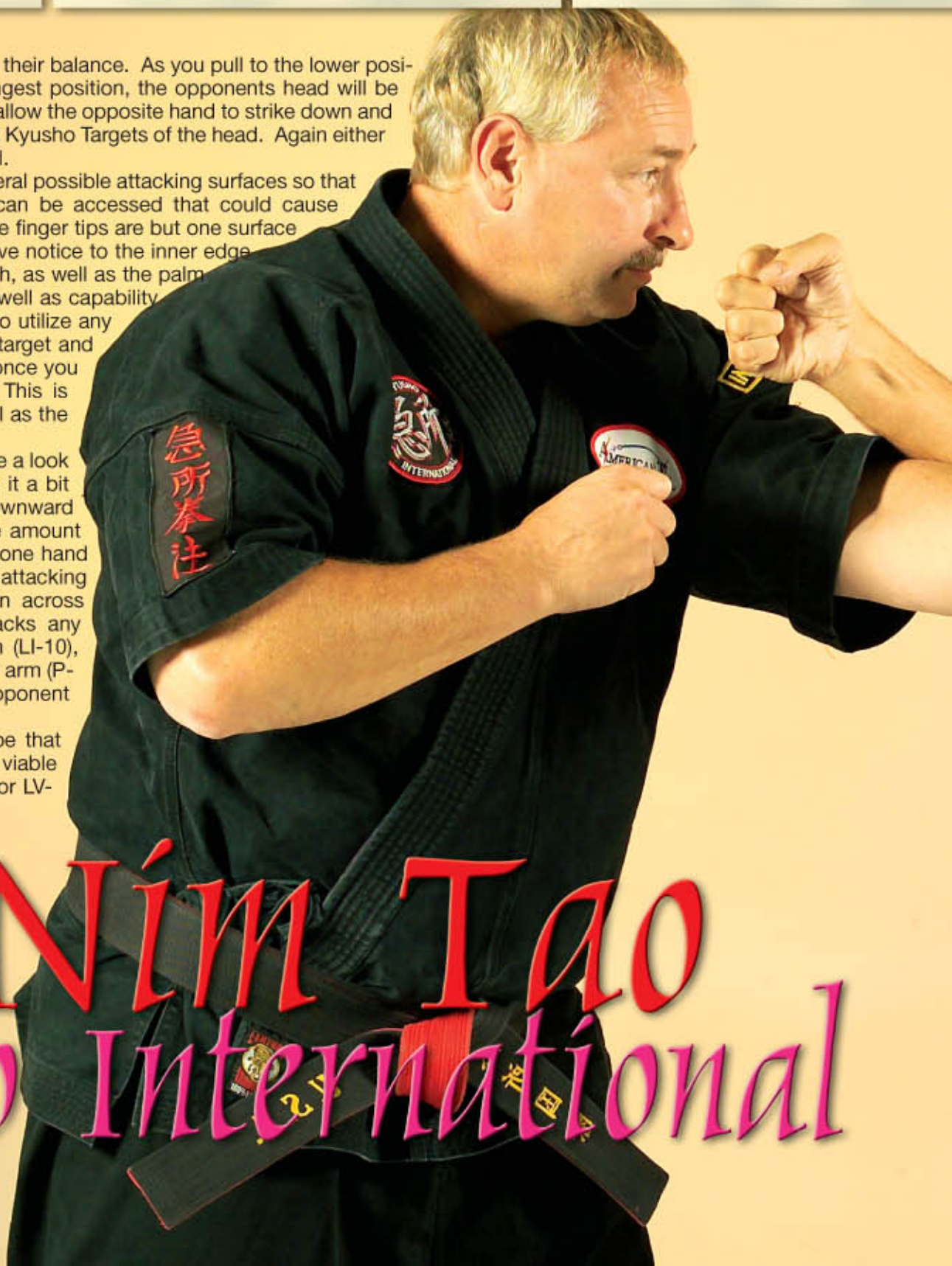


upper body) and pull them in rapidly breaking their balance. As you pull to the lower position by your ribs where your arm is in its strongest position, the opponent's head will be brought lower and toward that side. This will allow the opposite hand to strike down and in at that 45 degree angle toward the exposed Kyusho Targets of the head. Again either side would work, as the action is symmetrical.

Now this striking hand position also has several possible attacking surfaces so that many more points on the head and neck can be accessed that could cause unconsciousness. As an obvious example the finger tips are but one surface although not recommended, instead if you give notice to the inner edge of the hand or forearm, the outer edge of both, as well as the palm or even the back of the hand your safety as well as capability to hit more nerves will open. This flexibility to utilize any applicable weapon mentioned to the proper target and especially the angle will be readily apparent once you begin to see it, recognize it and utilize it. This is equally workable on the opposite side as well as the Siu Lim Tao form works symmetrically.

To further explain this symmetry, we can take a look at the second posture or movement. Taking it a bit further in development with the double downward hands simultaneously we open an incredible amount of possible nerve attacks. You can see that one hand could easily slap (Pak Sao) the opponent's attacking arm (stimulating the nervous system), down across their centerline as your opposite hand attacks any number of points on the arm to cause pain (LI-10), dysfunction (LI-13) or even penalization of the arm (P-2), as it exposes the head and neck of the opponent for your further advance.

Or another example of this motion could be that the one hand can Pak as the other strikes a viable body point with the other hand. Like ST-18 or LV-



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14 to restrict the breathing of the opponent to full physical dysfunction struck well. To add greater damage physically to the opponent, the LV-13 in the lower rib can cause immense damage to the underlying Kidney. Or even the GB-26 on top of the iliac crest to dysfunction the hips and legs to drop the opponent with a single simultaneous strike with the heel bone of the wrist, the possibilities are too numerous to list. This means that this one single form can add years of research, study, practice and a powerful knowledge of the bodies weaker anatomical structure.

Developing this hand posture further we could look at possibilities from a waist tackle maneuver as the opponent lunges toward you. In this case one downward palm could press at the opponents head at the angle as the other hand attacks a Vital Point of the opponents neck. This could be further developed as a palm to the opponents head or neck as described above to push the head down and expose the back and many nerve targets like the BL-11, 12 or 13 that will severely restrict their breathing capacity causing fatigue, confusion and possibly unconsciousness.

Moving on to the 3rd motion of the form where the hands remain crossed but transition to a palm upward position at throat level. Signifying the attack potential to that area, many of which will be exposed from some of the above mentions techniques. As an example if you used the simultaneous attack to paralyze the opponents arm, as it fell to their side one or both rising hands (or forearms), could attack head or neck points now more accessible and weakened. Again the number of possibilities are too numerous to list and they will all be as a response rather than a planned method. This develops as you study the nerves and their affects, where the situation will force the opponents body to dysfunction in numerous ways, recognizing the open target will come naturally after much practice.

As there is a limit to this writing, we should explore just one more possibility that the study of Kyusho opens to the practitioners of this form. That is the inherent Chin Na or Tuite (both meaning physical grappling and joint manipulation), throughout each move of the form. To describe a joint maneuver incorporated in most Martial Arts and Law Enforcement personnel, a reverse elbow lock, we can use the double down hand motion to first dysfunction or paralyze the opponent's arm that attacked say LI-13. Then combine this with the upper transition of the crossed hands to neck position to then pull on another Kyusho target in between the Bicep and Triceps of the inner arm (H-3), to easily pull the elbow up as their body rotates. This 4th motion of the form where the hands are again pulled back to the ribs



Kyusho

in fist position will then draw them into the full lock position.

This grappling is not limited to arm or other joint manipulations only. There is a vast amount of chokes, leg and arm lock as well as excellent ground fighting possibilities. The limit is only in the practitioner as the short and seemingly simple form is an encyclopedia of incredible possibility. All unlocked for you with the addition and study of Kyusho.

Budo International has allowed the filming of a vast number of Kyusho targets and techniques from the Siu Lim Tao form, the first and most important in the study of Wing Tsun/Chun. By first initiating your mind that these conceptual possibilities are in the Siu Lim Tao as written in this article, then moving onto the visual learning process and finally actualizing the feel and reality with hands on practice you will have opened infinite new scope of skill and possibility.

To further ingrain this potential that is in the Forms, Kuen or Kata of all Martial Styles, a sequel has also been produced taking only one portion of this form and an hours worth of striking, grappling and joint manipulations directly from it. This small idea is not small.



Síu Ním Tao

Kyusho International





A man of Honour

There are statistical studies proving that college graduates on the average make more in a lifetime than a high school graduate, not only in real wages earned but also in an appreciation of life and a devotion to duty. And statistically, at the bottom of the totem pole, stands the dropout.

However, there are a few dropouts who made it. Chibana Chosin stands on the top of the totem pole among the dropouts who did make it. Born in Shuri, Okinawa, June 5, 1885, Chibana discontinued his academic education while he was attending the Okinawa Kenritsu Dai-ichi Chu-gakko (high school). He was then 15 years of age.

His parents gave up on him. Chibana went straight to the great martial artist, Itosu Yasutsune, and became Itosu's disciple. He studied for 15 years with Yasutsune until his sensei's death in 1915. Five years after his sensei's demise, Chibana went on his own. Until his own demise, at age 82, he devoted his life to teaching karate.

When once asked if he ever regretted the face that he did not finish high school and disappointed his parents, Chibara answered, "The greatest gift that life offers is the chance to work hard at something worth doing. In my case, it is karate.

If a life of duty shorn of pleasure is the kind of life which makes a great man, then Chibana's unselfish devotion to karate surely ranks him at the top.

He opened his first dojo at the age of 35 in Shuri and shortly after, he branched out into Naha, Okinawa. His skill was such that students from the best Japanese universities traveled all the way to Okinawa to learn from him. On their return, they disseminated his style.

In dealing with the top graduates from the best universities in Japan, Chibara had a homespun philosophy that delighted those who came from the halls of academia. Some of them came to him with an arrogance born of condescension. He simply smiled and said: "We all have a little weakness in us. One way or the other, sometimes we want something for nothing. In karate this does not happen. We earn our rank,

promotion, status, degree, by hard work and devotion to the art. There is no short cut; just work, sweat and pain."

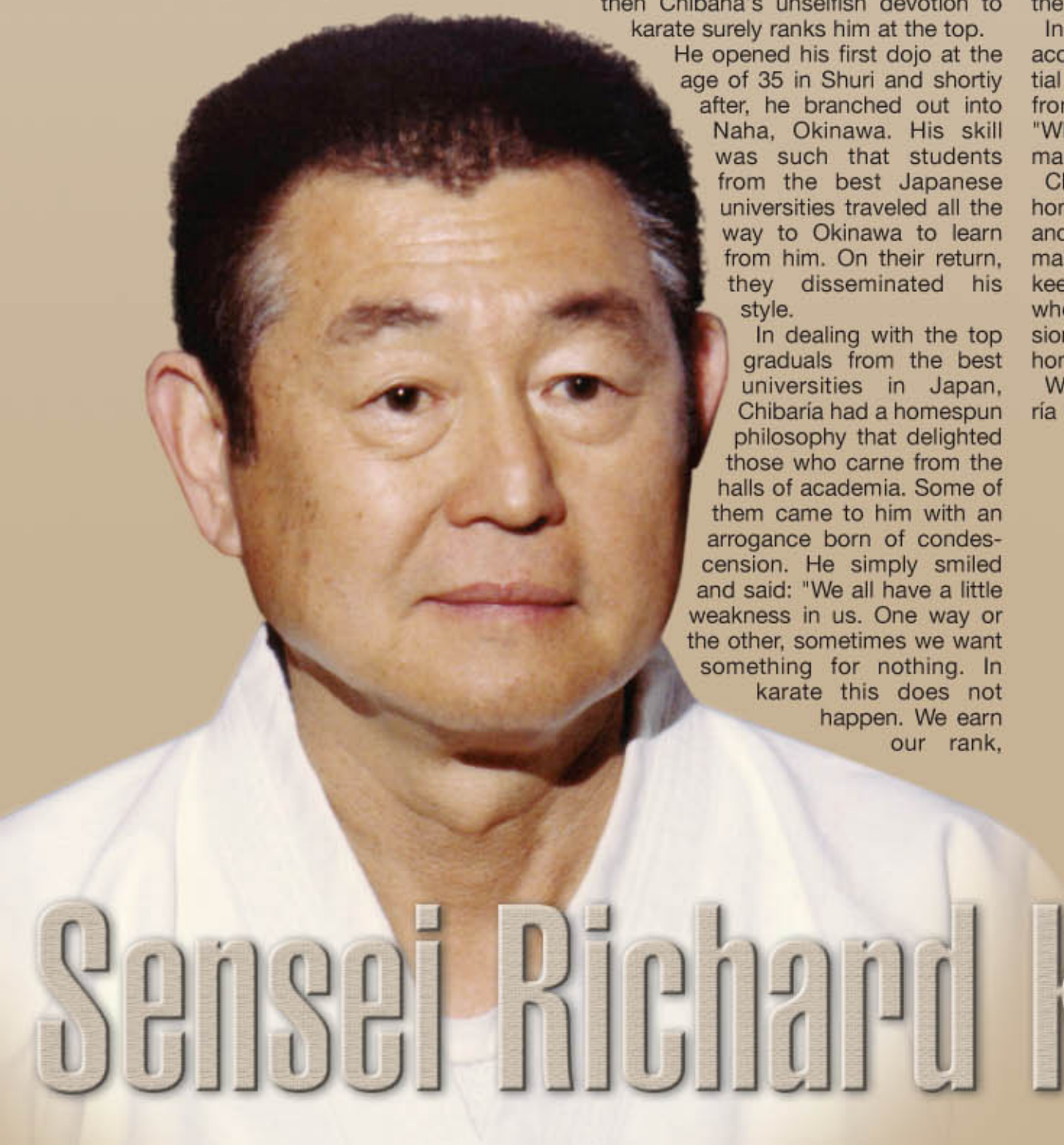
All who came left with humility born of respect. In 1956 he formed the Okinawan Karate-Do Renmei and was appointed its first president. By 1957 he had received the title of Hanshi from the Butokukai and in 1960, he received the fourth Okinawa Times Award for Physical Training.

Finally in 1961, he withdrew from the Okinawan Karate-Do Renmei and formed the Okinawa Sho-Rin Ryu Karate Kyokai and served as president up until the age of 82, when he passed away from a lingering illness. He had devoted his life to karate and teaching this art to the younger generation.

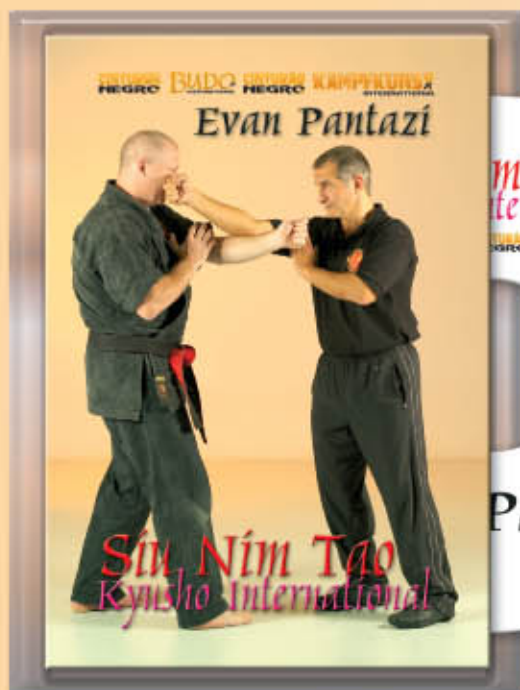
In 1957 when he received the highest accolade that could be granted to a martial artist in Japan, the title of Hanshi from the Butokukai, he was asked, "What is the most precious attribute a martial artist can have?"

Chibana replied, "Honour. A man of honour is a man who makes a promise and keeps his promise. A man, who makes a promise he does not intend to keep or does not try to keep, is a man who tarnishes his most valuable possession - his honour. A martial artist is an honourable man".

We can say on this worth alone. Chibara Chosin was a honourable man.



Sensei Richard Kim



The Wing Chun is a concise and direct Style that includes the same principles that the study of Kyusho by its saving of energy and its precision. Although Kyusho without no previous martial experience can be learned, you will need an effective system and adaptable of blows, kicks and techniques of it takes hold to use it. With that aim Evan Pantazi it initiates a new series of DVD's, concentrating in this first work in the form Siu Lim Tao, that perfectly operates the devastating and predictable effects of the Kyusho. A source of possibilities that will allow the medical instructor to increase to their abilities and capacities using the anatomical points of Kyusho.

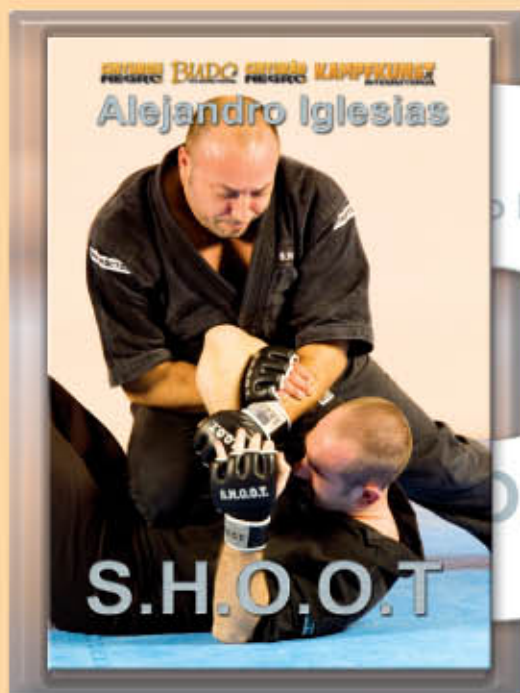


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Report

M.M.A

Addict to tranquilizers, Paulão Filho has fallen into a depression; with his first bitter defeat he has lost the belt and he has been dismissed from the UFC.



Paulão Filho

WHEN THE MIND IS THE WORST ADVERSARY

Weak, absent, unrecognizable. These are some of the adjectives used by the press to define Paulão Filho's performance in his last fight, against Chael Sonnen at WEC 36, held on November 5 in Florida. Unbeaten in 16 fights and 16 wins and appearing

in all ranking among the best in the world in his category, the Brazilian showed again that he is not fully recovered from the depression he suffers since last year and he did the worst performance of his career.





After having much difficulty to get the weight in the first fight against Sonnen, on December 12, 2007, where, even if he was weak, he got to end his opponent in the 3rd round, Paulão had problems with the scales again. "Two weeks before the fight my weight was around 93kg, but I came to my mother's home and I gave up", admits the fighter, who came to the United States weighing 102kg, with only three days to lose 19kg. and get the 83kg required for the rematch to be valid as a fight for the title. "They were the worst moments of my life, I went in the sauna at 10 am and I was in and out until the time of weighing, at 6 pm, then I got two more hours of delay. In the breaks of the sauna I was so anguished, it was so hot and I couldn't get wet or drink anything, so I put all my clothes off and I laid on the frozen ground, putting ice on my face, chest and neck", remembers Filho.

After all this ritual of self-flagellation and more than 9 hours of sauna, the Brazilian reached 85kg, almost two kilos more than agreed. Result: he had to pay a fine equivalent to 25% of his prize and the fight wasn't valid for the title. Neither intravenous serums nor miraculous "shakes" provided by his friend and coach Andrés Benkei were enough to make Paulão recover in 24 hours. "When the weighting ended, I couldn't have fought even against my mother, if Benkei hadn't given me support, I would have gone straight to hospital", admitted Paulão; the next day he entered the ring with nearly 40°C of fever and visibly weak (photo 5).

What softened Sonnen's vigor may have been the Brazilian's curriculum, 16 fights 16 wins, and the trauma of the armlock he suffered in the first fight, when he had faced Paulão in similar conditions and had been ended in the 3rd round. But this time it was different, although he didn't show anything special and he didn't have any brilliant moment, Sonnen was clearly superior. "If I had won, it would have been unfair for the sport", said the black belt, while he handed the championship belt to the opponent, after the referees unanimously proclaimed his victory. "I did what I had to do. He had nothing to do with my problem", admitted the Brazilian, who a week after the fight was fired by Zuffa, as a result of his unprofessional attitude. "I was upset by his lack of consideration. It must be clear that I have not been fired for being a coward or for my evil character, it has been a disease against which I am powerless", he said, one of the biggest names in MMA, now unemployed, a victim of depression.

Depression

Being defeated and losing a title is part of the life of any champion, especially in a sport of high performance such as the

MMA, where fighters are better prepared day after day and the excellent bolsas make new talents emerge around the world. What is not so common in the world of fight is seeing one of the great talents of MMA, considered by Anderson Silva itself as the best in his category, deposed and dismissed because of an illness. "It's a total and complete apathy, is not wanting to do anything, feeling useless", this is Paulão's definition of depression, pointing at the genetic as the deciding factor in his case. "My sister suffers it, my father does too... It is a drop in serotonin... There is no reason, suddenly it comes and makes you stay at home and sleep", says Filho.

Paulão thinks that, in his case, the process of depression may have been triggered as a result of serious personal problems he has had. "This year has been terrible for me. My father was very ill, I broke up with my partner after almost 8 years. For me, the fight went to the background, I fought because I needed money", he admitted, explaining that the symptoms began immediately after he won the WEC belt fighting against Joe Dorkensen. "Then I started to feel something different, I wasn't motivated, I didn't want to train so hard, so close to my limit I didn't want to go on... I thought it would be enough to put the chest, but it wasn't. Things got worse until I was over my weight, at 111kg", says the fighter.

The Rohypnol addiction

In fact, the mechanism that led one of the greatest Brazilian fighters to reach his current state, is beyond genetics. Highly compulsive, Paulão came in contact with thermogenics supplements (ephedrine-based) 10 years ago and since then has been taking them in high doses "to increase my commitment to training". Six tablets of Ripped Fuel he came to consume daily, led Filho to have serious problems to sleep. It was in his first trip to Japan, to fight against Keichiro Yamamya in the Deep, in January 2001, when the fighter "knew the antidote" which would change his life into hell, the anxiolytic Rohypnol (Flunitrazepam): "The truth is that I went to the drugstore to buy a soft sleeping pill, which are sold without a prescription, and the pharmacist sold me Rohypnol". This medicine, which can not be sold without medical prescription, eventually changed Paulão's life, who began to make his body a laboratory, a chemical factory which needed Ephedrine to connect and Flunitrazepam to disconnect.

The first indication that the situation was becoming serious took place in July 2004. A few days after facing Akira Shoji at Pride Bushido 4, Paulão had a serious car accident, while coming back from Paraíba with

to friends. "I took a sleeping tablet to sleep and another one to wake up, this switch on and off made me smashed my car and the windshield broke my extensor tendon. I was lucky, if it had been the flexor I could never have closed the hand again", recalls





M.M.A

Filho, who thanks to his great talent beat Shoji a second time, but not unanimously. The anxiolytic completely altered his biological clock and he began to train just at dawn, with the help of his coach Josuel Distak. "I have tried to take him to Minotauro's TC, but it is complicated because he only performs well at night" - says Distak, responsible for his training since the fight against Ninja, in April 2006.

When he found that the drugs were affecting his training, Paulão tried to stop taking them for 4 weeks. "It was total chaos. My head hurt, I had dry mouth and was totally stunned. Today I need at least six a day. Three when I wake up around 3 pm, and three more at dawn. I can just work like that", says the fighter.

Despite being fully aware of the need to change this routine to become a champion again, Paulão says that the difficulties in changing the routine are enormous. "I have some mental block that makes me wake up at night, but as no one works well at that time, I have to train alone. At dawn I switch on the computer and loneliness increases my pain. When the sun rises people start out on the street, my parents wake up and I start to feel that I can sleep about 7 am. When I told the doctor I took 6 tablets a day, he was horrified and told me that can kill me", recalls Paulão laughing.

Tweaking his ears

Those who have followed Paulo Filho's career know that his two biggest fans are at home. Knowing better than anyone their son's potential, Paulo Fernandes and Adenilda Fragozo have closely followed his son Paulão's career since he was nine. At that age his father convinced him to stop practicing Karate to train Jiu-Jitsu at Carlson Gracie's Academy and Judo at the Flamengo Club. "I didn't like seeing Paulão kicking the air. I was reassured only when he stopped that and went with me to enrol in Carlson's academy", recalls his father. At the age of 16 Paulão would become a phenomenon of Judo, getting three medals in one day, winning 16 fights in three categories - youth (15 to 17 years old), junior (17 to 20) and senior (over 20). The phenomenon went on winning everything, even the black belt, until he lost his place in the national team in a fierce fight against Carlos Honorato. In Jiu-Jitsu, Filho won every competition where he participated, from yellow to black belt (between 1990 and 2000) and he was five times Brazilian champion and three times world champion. Very concerned about the difficult time his son is having, Paulino criticizes him though. "Unfortunately Paulão hadn't trained at all and I deserved to be beaten, I just hope that this first defeat wakes him up, because as I always say, what begins badly, ends badly", shouts Paulino, 68 years old and 3 heart surgeries, who is willing to see his son training in a leader team. "He has no training partners, he has no sparrings, just

a boxing coach. A coach can't replace a whole team! While most of the fighters in the world are going to the major centers, such as in Las Vegas, Rio and Los Angeles, Paulão has gone to live at the end of the world, 60km from Niteroi (facing Rio, at the other side of Guanabara Bay), a place called 'the tiger's hole', surrounded by sycophants and ass licks", concludes Paulino, his feet swollen and two big wounds on his skin, due to the serious heart and kidney problems he is suffering. "At the age of 30 he has already done 17 fights, whereas other fighters, such as Brock Lesnar, made his debut in MMA at the age of 31. So I hope with this defeat he will realize he has two options: either going to Los Angeles, as he said he would do, or starting to train with Minotauro, here in Rio", says first of all Paulão's fans.

Asked about the chances of Paulão to be back into top shape, Paulino smiles again and trust. "This is the most difficult moment of his career, either he accepts that everything is wrong, or he is lost... We have the concrete example of Mark Kerr, who was an excellent fighter and was over due to the medicine. If Paulão is well trained and motivated he has no adversaries, either in the category up to 83kg or 93kg. In addition to a very refined technique, he has a lot of strength for his weight. I hope that after this defeat he will start to work seriously", ends the champion's father, singing the same chorus as all his followers.

Treatment

As soon as he returned from the United States, Paulão visited a psychiatrist. "The doctor was horrified when I told him I was taking six Rohypnol per day, he told me I would die", tells the fighter, who left the office with the prescription of a medicine called Dobaren and which, according to the doctor, would allow him to progressively stop taking Rohypnol.

"I feel some improvement. But it doesn't have an immediate effect, it is progressive and it will have effect in about 15 or 20 days, increasing my serotonin and controlling my sleep", explains Filho.

Amazed by the amount of drugs Paulão daily takes, the psychiatrist Marcio Loyola Araújo says that the mechanism of dependence triggered by Rohypnol is very similar to that of alcohol and cocaine. "I have never seen a patient who took 6 grams of that drug per day, this amount leads to a dependence and the body of the patient is unable to work without it", the psychiatrist explains, recalling that only Paulão himself will be able to help himself: "As in any case of chemical dependence, the patient must be the first to want to help himself, even because, who could make a fighter of this size do what he doesn't want to do?"

Aware that the most difficult fight of his life is in front of

him, Paulão is not discouraged and promises that 2009 will be different. "I'm taking Donaren every night before sleeping, to stop my dependence on Rohypnol. When my production of serotonin increases, motivation will be back and then everything will go on naturally".

Los Angeles or Minotauro?

Once the treatment for one of the problems (drug dependence) has started, now he has to face the other problem: the lack of training. "For me, Andrés Pederneiras is the best coach in Vale-Tudo in the world, but I think that Minotauro's TC has a better structure, there he has more friends and he will have better training", thinks his father, Paulino, who is quickly supported by the coach Josuel Distak. "The Minotauro Team is the best sparring facility for him. There he will have Anderson Silva, Feijão, Andrés Galvão, Minotauro and Minotouro; that is what he needs, a hard sparring", concludes Distak, who immediately after the fight talked about the possibility of moving to Los Angeles, which the fighter refused when he came to Rio: "First I have to see how my father's health evolves, it is not the time to leave. He is very sick and I can't leave the country now". With regard to the possibility of training in Minotauro's TC, Paulão keeps the same idea: "It would be great, but I have to be balanced and motivated to leave Niteroi and move to Recreio dos Bandeirantes. I have had no sparrings for at least 4 years, I have always trained with Distak and I am aware that I need to change this", admits the former WEC champion.

According to his manager Jorge Guimarães, there is an American event interested in hiring the Brazilian in April to train.

Advice for Paulão

Paulo Filho's last performances have resulted in pages and pages of discussion in the main forums on the Internet. If for his followers it is not enough to see a national idol lose a world title for not being in "good condition for the combat", imagine what coaches, partners and relatives can think, as they know better than anyone Paulão's potential. As the aim of this report is finding solutions, no one better than them to advise the fighter.

Rodrigo Minotauro - Find the motivation by training with the colleagues with whom you have always trained. I would like to live closer to you, to help you in training. For the last fight I went twice, but it is nearly two hours by road. I would be very happy to welcome you in





my TC. My doors are open and it will be an honor to have you as a training partner, once again.
Anderson Silva - Paulão, if he is well trained and balanced, is impossible to beat in this



category. Those who know him, watch him train, follow him in his daily work, know his potential. Without rhetoric, I'm always correcting myself, always improving what's wrong and when I see Paulão training at a good stage, you start to realize that he doesn't make mistakes. I am sure he will find again the samurai inside him. We are supporting him so that he can be at the top as soon as possible. I trust him.



Mario Sperry - Paulão caught my attention the first time when I had recently won the World Absolute title and he ended me in a training with kimono, just after getting the brown belt... I have seen him in a wrestling training, lifting Antonio Pezão from the ground and putting him on his shoulders, in a variation of a single leg. I advise him to believe in his potential, discover the path to the strength of will, to the pursuit of excellence, to the search for the best, to the desire to study to get 10. To find again the desire to overcome his limits, the desire to defeat our greatest enemy, our own ignorance.



Murilo Ninja - Observe your mistakes and try to improve, training more and more, because the MMA in the U.S. is growing and changing a lot, if we don't train and we don't focus we will be left behind. You are a great fighter and I'm sure you'll overcome it.



Rodrigo Comprido - Paulão, you are one of fairest people against whom I have fought. Shake off the depression is not easy. I'm sure a psychological treatment and a well led training will give you back the will to win we are used to. But for me, you are still one of the best in the world. You know that just he who fights can win and loose. For example, I'm unbeaten in MMA, because I don't fight.

Murilo Bustamante - "Get closer to the right people, those who want to help you to train for real, get away from the pirate parrots who only want to be on the photo. Look for your psychological balance. You are, with your mind in good condition and training, very difficult to beat in this category



Paulão Filho



The Column of the Ninja

IGA RYU Ninjutsu, three words that highlight the value of a culture that Westerners are trying to emulate. Obviously, our genes do not carry the roots that make Ninjas unique and mysterious beings, but the students who go to Japan every year try to compensate that lack with commitment and sacrifice, training hard and increasing our admiration for that warrior culture, lying hidden within the MAKIMONOS that the last Ninja of Japan and heir to the traditions of the Shadow Warriors has in his hands: Soke JINICHI KAWAKAMI.

Now, as his ambassador in Europe and South America, I have the commitment to show the cultural treasure that this Grand Master keeps hidden in the MAKIMONOS inherited from his Ninja lineage, as a "communicator" to "dig up" the teachings of IGA RYU NINJUTSU, which had remained hidden from foreign people so far.

On the teaching of Iga Ryu Ninjutsu it is necessary to clarify, in order to avoid confusion later, that Soke KAWAKAMI, although he is the 21st legal heir of the Ban family from KOKA, since there is nobody in Japan as direct Ninja descendant who is an expert in arts of combat, the firstborn of the heir families from Koka, Iga, along with those of Negoro, Ueno, Tanba and Nabari, have put in our Soke the protection of their teaching and have chosen him as the Legal Heir, on whom rests the responsibility of safeguarding their culture.

I understand that there are as many theories and truths as everyone wants to believe, but if you have courage and honor as the basis of your character, you can visit Japan, the Ninja houses and their museums to discover the Ninja "Secret" and who is who within Ninjutsu. GO ON THEN! I did so and now I am here to transmit his teachings, together with the feeling and passion of the people and the region known as one of the places where the most famous Ninja families in Japan were formed.

According to history books, the region of Iga was "famous" for being a land where many nobles defeated by political strife in Kyoto, along with many unsatisfied samurai, "exiled themselves". As we can imagine, the main characteristics of these people were undoubtedly related to rebellion and non-conformity with the established power. Iga region is near Kyoto, surrounded by the ridges of SUZUKA and MUROU, along with the mountains of Hando, Aburahi and Norito, besides the Aburahi mountain, which is important for our story, because it forms the border with Koka and there it was established the core of the Ban family, of which Soke Jinichi Kawakami is now its greatest exponent.

During the Heian period (794-1185) most of the IGA region was a "SHOUEN", something like a county in medieval times, and this led to these people to establish their own government. In its early stages, this independent republic was called IGA SOKOKU IKKI. In it there was not a lord, but a council of major clans, who decided altogether their actions through the vote. Here, a simple Ashigaru (common soldier) could become a Samurai, if he was supported by military merits. As you can imagine, the government in Kyoto decided to exterminate them and "eradicate" their independence.

For all survivors of this extermination there was no alternative but to become skilled in illegal fighting if they wanted to survive, this being one of the leading causes for samurai families of this area to be known as NINJA, and gave birth to the furtive art that later in the twentieth century would be known as NINJUTSU. That is how these Samurai families worked as mercenaries, fighting to defend their lands, disguised as NINJA and making this Art one of the deadliest combat systems.

Most NINJA's actions were seen as mercenary, since they were in direct opposition to the Samurai Bushido code, which was completely loyal. But according to Soke KAWAKAMI: "SHINOBI families based their training on the meaning that conveys their ideogram known as NIN or SHINOBI. When we develop those lessons from China for our survival, we provide the meaning of SHINOBI (stealthy) with the Kanji SHIN or KOKORO, to express the "Feeling" that our families passed along their existence to ensure their own survival".

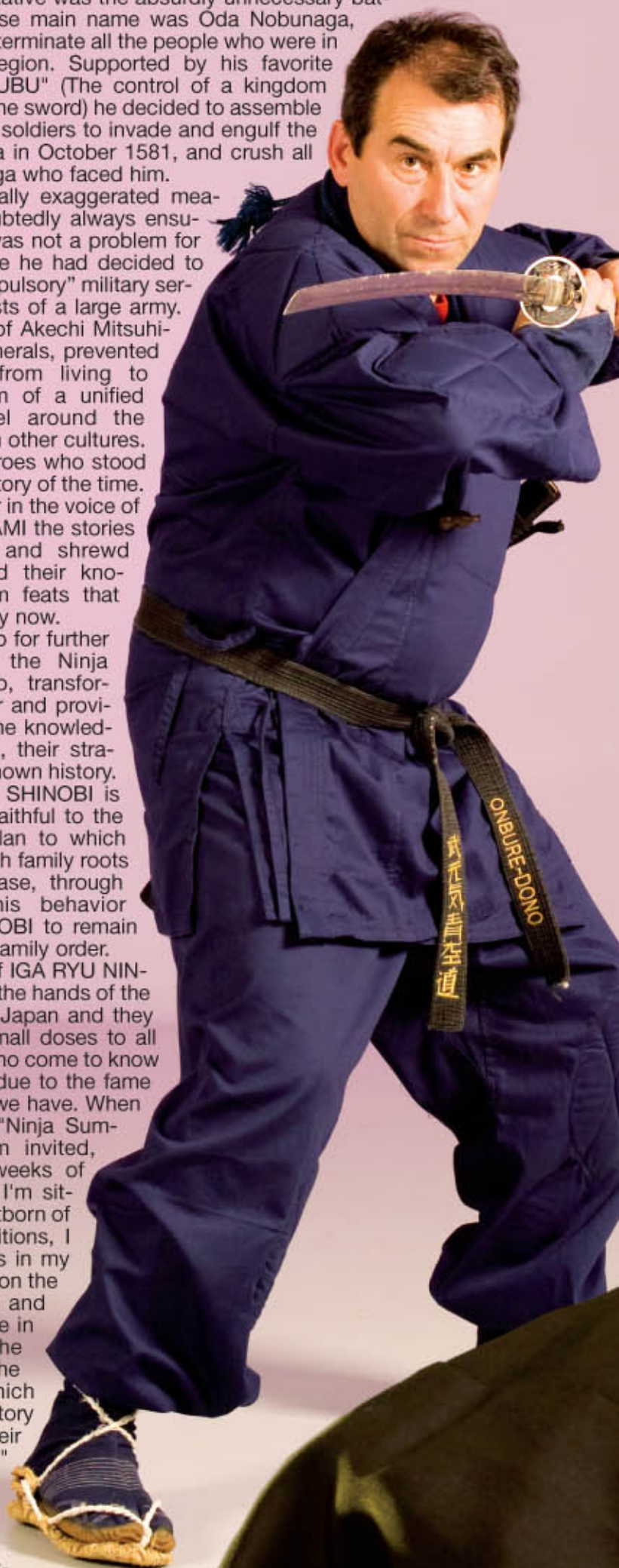
Among the many battles that took place in IGA, undoubtedly the most representative was the absurdly unnecessary battle of Igarashi, whose main name was Oda Nobunaga, who decided to exterminate all the people who were in that "insurgent" region. Supported by his favorite motto, "TENKA FUBU" (The control of a kingdom only works under the sword) he decided to assemble an army of 44,000 soldiers to invade and engulf the entire region of Iga in October 1581, and crush all Samurai clans of Iga who faced him.

This disproportionally exaggerated measure, which undoubtedly always ensured his victories, was not a problem for Nobunaga because he had decided to establish the "compulsory" military service to reduce costs of a large army.

Only the betrayal of Akechi Mitsuhide, one of his Generals, prevented Oda Nobunaga from living to achieve his dream of a unified Japan, and travel around the world to learn from other cultures. Many were the heroes who stood out in the Ninja history of the time. So it is nice to hear in the voice of our Soke KAWAKAMI the stories of those unique and shrewd people, who used their knowledge to perform feats that could seem unlikely now.

Year after year, I go for further education within the Ninja family I belong to, transforming my character and providing myself with the knowledge of their tactics, their strategy and their unknown history. I learned that the SHINOBI is formed by being faithful to the conduct of the Clan to which you belong, through family roots or, as it is my case, through adoption, but this behavior requires the SHINOBI to remain unchanged in the family order.

These teachings of IGA RYU NINJUTSU are now in the hands of the Last Ninja Heir of Japan and they are delivered in small doses to all foreign students who come to know the true tradition, due to the fame of "irresponsible" we have. When I can attend the "Ninja Summits" where I am invited, hold during the weeks of high training, and I'm sitting next to the firstborn of these warrior traditions, I listen with sadness in my heart their opinion on the "assumptions" and "lies" (leaving aside in this moment the shame on TV and the film industry) which have soiled the history and culture of their people. To "defend" ourselves, I insist that through this work, the whole world knows the Ninja and its Ninjutsu. But I'm wrong! - they reply. We understand - they go on - the ignorance of this lack of knowledge from all wes-



Ninjutsu

IGA RYU NINJUTSU



tern fans who come to our country to find the most famous Master, who jumps further or has more qualifications, but that is not what our culture really teaches. Our NINJUTSU is a part of a way of living and of a thought which, forged in the ancient traditions, remained unchanged for centuries, for all those coming, as you, to Japan to learn the TRUTH. Then Soke KAWAKAMI comes to defend me, saying that many are the sacrifices made with my students, well prepared students, he insists, to reach this point and "Be recognized as a DOSHI within a REAL Ninja family in Japan and be appointed its Ambassador to the West.

ICHI GO ICHIE! "This is the moment", says KAWAKAMI SOKE. The summit ends and I think that history is there to be studied and to learn from it and that the time will place each one in the place he deserves.

Now, as the Phoenix, a new generation of NINJUTSU has been reborn and this will have a special significance throughout the West, where fans will have an opportunity to find a new and different way of life and to understand Ninjutsu, erasing what was known and coming back to the beginning of its origins: IGA RYU NINJUTSU, three words that highlight the bravery of people and which are used to define the feeling of a culture, where history places the most feared warriors who have been known in Japan, and from whom we have now the opportunity to discover the "secrets"...

¡ICHI GO ICHIE!

There will be the chance to attend the I INTERNATIONAL MEETING of IGARYU and KOKARYU NINJUTSU, which will be hold in Japan on September 2009, about which you will have more information in the forum in our website.

Sensei Juan Hombre

www.juanhombre.com





What do they have in common athletes like Thiago Silva (93kg), Antonio Pezão (126kg), Jorge Santiago (83kg), Gesias Cavalcanti (70kg) and Thiago Alves (77kg), besides being among the best in the world in their weight categories in MMA? What they have in common is the fact of having André Vinicius Aurnheimer "Benkei" as their coach. Playing the role of a nutritionist, physical trainer and

physiotherapist, Benkei is revered by athletes from the American Top Team not only for the way he manages to make them reach the weight on the day of weighing, but mainly for the amazing work of recovery he does, leading some of his wrestlers to put on even 13kg in 24 hours. In this article, the magician of the scales reveals some of his secrets in an exclusive interview for Black Belt.

THE MAGICIAN OF THE SCALES

Report & photos: **Marcelo Alonso**

André Vinicius Aurnheimer, Benkei

When Rorion Gracie created the UFC in 1993 as a confrontation of martial styles without a time limit or weight categories, the scales were just a detail in NHB events, what made the

difference was the knowledge of Brazilian Jiu-Jitsu. But with the development of the sport, the popularity of Jiu-Jitsu and the creation of weight classes, as in any combat sport mode, the scales were no longer just a presence in MMA.

Initially, for the Brazilian athletes who came from Brazilian Jiu-Jitsu or Muay Thai, reaching weight meant being worn out by diets and being often very weak on the day of weighing. Consequently, performing much worse than in training, 24 hours later, on the day of the fight. For Americans of Wrestling and Boxing, sports in which many years ago they were already used to the routine of weighing in competitions, the scale became an advantageous factor.

But in the same way that the Jiu-Jitsu was no longer a secret for the wrestlers, the technique of dehydration used by Olympic athletes was no longer a mystery to the Brazilians. Among the Brazilian coaches, André Benkei has been distinguished not only for the excellent results he has achieved with his athletes in weighing, but also and mainly for the increasing weight he gets in the 24hs after the weighing and before the fight. "Everyone knows how to dehydrate, the difference now lies in rehydration", explains the coach of most athletes of the American Top Team.

Dehydration

Black belt of Kyokushin Karate and graduate in Physical Education in the University Gama Filho, Rio de Janeiro, André Benkei was always interested in the process of dehydration and began his research about it in different modalities. "I researched techniques used in Physio-bodybuilding, Muay Thai and Wrestling and created my own method", Benkei reveals, who despite having recently left the American Top Team, due to





a misunderstanding with the team leader Ricardo Liborio, is still responsible for fitness preparation of its main athletes, among whom there are some phenomena like Gesias Cavalcante, Gleidson Tibau, Denis Kang and Antonio Pezão.

"When I see what Benkei does to these guys I think I am giving advantage to my opponents. I will fight until 93kg", jokes the giant Antonio Pezão, 126kg weight, who has just won the belt of heavyweights of Elite.

Besides being recognized as a coach, it is in the field of putting off weight where Benkei shows to be different. Playing the roles of nutritionist, physiologist and coach, the professional from Rio often reassures his athletes during the month prior to the fights. "The weighing is of great concern for us and distracts our minds, but if you do what Benkei says, you know that you will not have any problem, because nothing is impossible with him and that is very reassuring for any athlete", says Marcus

Aurelio. Benkei always insists on remembering the American maxim: "No pain, no gain. I can't do miracles. The result of my work depends on the effort and commitment of each athlete, who has to have the lowest percentage of fat, because it is much easier to dehydrate the lean mass, since the muscle is formed by 70% carbohydrates". It is exactly for the ability to alter the balance between water and carbohydrates in the muscles, that Benkei began to be called the wizard of the scales. "Anybody can dehydrate. You just need to ride an ergometric bicycle in a sauna, the problem is rehydrating. That is where science comes into play", analyzes the nice coach, who after a thorough preparatory work of months, where the athlete reduces the maximum percentage of fat, Benkei starts a week before the dehydration process, reducing the amount of sodium in foods as much as possible. "That means stopping eating foods containing more than 40 milligrams of salt, that is, almost everything. In the last weeks, the athlete has to read the nutritional chart of everything, each gram of

carbohydrates the athlete eats is equivalent to 10ml of water that the body holds", he says, revealing why his athletes only drink distilled water in the weeks prior to the weighing. "Ionized or distilled water is essential to balance in the body what we call the sodium-potassium pump, which ensures the balance of these two substances in the cells".

Medical Alert

Although it has been widely used by Olympic athletes of Wrestling and Boxing, extreme dehydration for weighing is not well considered by Dr. João Felipe Franca, a specialist in sports medicine. "The dangers of this practice are linked to dehydration and hyponatremia itself (low concentration of sodium in the blood) and may predispose to the formation of kidney stones, lower immunity, intestinal constipation, tachycardia and cardiac arrhythmias, headache and decline in cognitive functions (reasoning, speed, motor coordination, for example)", warns Dr. Franca.

Knowing that the vast majority of the fighters often lose weight without the help of professionals, Benkei agrees with Dr. Franca. "Dehydration, if not done correctly and safely, can be fatal. There are several cases of death in Wrestling for dehydration made by people lacking of knowledge. Many times athletes have problems when dehydrating, that is why it is important my experience to take one or another way for dehydration", says Benkei revealing that sometimes, one detail can ruin everything. "In the fight against Matt Hughes, Thiago Pitbull Alves had a problem in the heel; besides this preventing him from running

"Everyone knows to dehydrate, the difference now lies in rehydration"





normally and dehydrating normally, he had been given anti-inflammatory treatments which made his body retain too much fluid. He has been my only athlete who failed to make the weight. He was 1kg over the limit", says the coach, who could forget the frustration experienced on the scales with a beautiful knockout performed by Pitbull to Matt Hughes.

13kg in 24 Hours

Unlike most American wrestlers, who focus the process of weight loss in dehydration, Benkei says that the difference with what he makes lies precisely in the process of rehydration. "Comparing to a car, let's say that I change the old oil for a new one, which has been added all the necessary nutrients. So my athlete is more prepared for the fight than in training". In addition to the replenishment of water and mineral salts, the Brazilian provides solutions with vitamins and special nutrients intravenously. "I work closely with Dr. Rosenberg, a doctor responsible for the ATT, in the preparation of those formulas for the solutions", says Benkei, who has two records in his career thanks to this method. "Gesias reached 70kg in the weight in his fight against Rani Yahya and 24 hours later he was in 82.5 kg. In the fight against Terry Etim at UFC 75, Tibau put on 13.5 kg in 24 hours and exceeded Gegê's record", says the coach.

Despite the unquestionable success of Benkei's techniques, which can be measured by the number of victories of his athletes since he came to the ATT in 2007 (80% of victories of the athletes he prepares together with other coaches of ATT), Dr. João Felipe Franca warns:

"When you put on 13kg in liquid, the cardiovascular system is overloaded and he can decompensate. The heart needs to pump an amount it is not used to; there may be oedema of the lower limbs to pulmonary congestion leading to respiratory failure. The oral rehydration would be better. Through it, the digestive system is directly hydrated and the absorption of liquid through the body is physiological, without overloading the cardiovascular system. The emergence of thirst is also very important, serving as a stimulus for rehydration", analyzes Dr. Franca. Benkei defends himself recalling that the whole process is followed by the ATT doctor, Dr. Rosenberg. "There are many things who overload an athlete's cardiovascular system, that is why this sport is not valid for everyone. Furthermore, athletes do not get anything in water and carbohydrates that they have not lost before during the process, just look at Gesias and Tibau making two fights in one night, taking down non-stop for three rounds, then we will talk", André ends. The fact is that in the competitive world of sport, in order to

reach the summit as an athlete, the fighter needs to do his utmost in every field, without ignoring the rules of the game. And that is the great challenge André Benkei helps his athletes to overcome, not in vain a famous American brand of supplements will produce within a short time his diet of dehydration and rehydration.



André Vinicius Aurnheimer, Benkei



S.H.O.O.T Alejandro Iglesias



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Masters

Martinelli & Ceselli

From the challenges on the bridges to the street defense

The one-hand stick is the son of a very ancient tradition: from the "simulacrum pugnae" of the gladiators, through the Longobards non-fatal duels, we finally can find it in the Middle Ages used as a tool for training the citizen militia.

When the man begins to forge metal weapons, the stick doubles its war nature: weapon and drill to practice. Very adequate to begin in the arts of the sword and in disciplines with short edges, Master Fiore in 1409 describes it as follows: "... and what I do with the sword can be done with the stick...." A perfect synthesis of its dual nature that makes it become a weapon only if he who is handling it is a "scarmitor", a warrior with the know-how, because without the trained hand of the fencer, it is just a piece of wood. When in our quest we want to find a stick which by its nature is a real weapon, that is a tool including both ideally and explicitly the features of the weapon, without hesitation our eyes point to the terrible Venetian "cornoler"!

A wooden stick, one meter long, thick at the center and gradually narrower at the ends, ending in two sharp peaks, which have become extremely hard thanks to wise cooking in oil, which were made in the Venetian prisons by prisoners of war. They were treatments which impregnated the fibers, "forging" them in strength and toughness, with a temper similar to the edges of the sword. It was terrible to see it, deadly both at long and short range.

It was a dangerous stick which was chosen in 1420 by the Venetians as a weapon of combat at the time of the terrible challenges on the bridges: one man against another, a few square meters of marble to fight on and dozens and dozens of "assaults" to fight in one day. Everyone knew that those fierce conflicts left many fighters seriously injured and dead. The cornoler didn't forgive, a tip on the throat was enough to kill, bone fractures, injuries on the face and deep lacerations of the muscles were innumerable. They climbed to the bridge by themselves but they went down depending on the luck, by themselves or taken exhausted by someone. Sometimes people end up straight in the channel, in the water.

These cruel challenges affected significantly the trade in the Serenissima (Venetian Republic), an economic penalty in terms of work, because of the losses of disabled and dead people, so the Council of Ten worked hard to forbid the challenges. At the end it managed to make them unpopular and illegal and eventually turned into battles of fists. Thus, Venetian citizens could still "have fun".

A few centuries later, two methods of fencing with stick were still active in Italy. Both were heirs to that ancient tradition, schools which considered Fencing the "mode" and the stick the "means" to perform the Art.

Master Giannino Martinelli and the Walking Stick

"The game of the cane and the stick could be considered as a branch of the art"

Master Alberto Marchionni - 1847

Giannino Martinelli is a Master of Fencing and Gymnastics, which explains very well his undeniable martial academic education, but as a son of the "Belle Epoque" and therefore open to the world and the discovery. An education rich in experiences in specific disciplines such as: Boxing, Greco-Roman Wrestling, Savate and Ju Jutsu, as the fashion of the time imposed: empirical eclecticism.

The Master chooses to use many principles and techniques easy to locate, for example in the section of his handbook devoted to the "Rules of boxing and self defense", his method of "empty hand" self-defense.

The handbook, "Treatise of Fencing with Walking Stick" is published in 1908 in Milan, in the Italian Poligraphic (Public Corporation).

In the preface, the Master reveals that his desire to write his "very modest treatise", was born of the conviction that his work could be useful to all the armed forces called to enforce the law. It is a work also useful for anyone who was in the condition to defend himself against an offender or go to the aid of the weakest.

It is worth recalling what the situation was in Italy during the period in which Master Martinelli lived and taught. Just one hundred years ago in Italy, in Italian cities, men of several social backgrounds still used the sword and saber duel to solve different forms of disputes. Difficult times, one might think, if on the streets of cities like Rome, Milan, Turin, Palermo, you were forced to face criminals and bandits, ready to use the knife to assault or for frivolous reasons. Times when it was usual for a man to leave home with his walking stick, often "modified", that is with a hidden blade. Its production was still outstanding at the beginning of the twentieth century. This builds a vision of reality that is not formal or theoretical, but practical and "operative", guided by the desire to "make it useful", an important value for an instructor who wishes to spread and share his knowledge.

For fencing with a walking stick, Martinelli was inspired by the Italian school of saber, an extraordinary reality developed by unique Masters. Here we find the whole classic part: the guard, the blows, the stops, the simulations, the invitations, the grabbing and the stick grabbing. All these are actions of Classical Fencing, simple to incorporate into a robust, rigorous and strategic geometric



Master Martinelli

fabric, which allows the Master to teach with a perfect method both civilians and men in uniform.

The Master reminds us: "that stick fencing and boxing have virtually the same weight as means of self defense". Because the stick fencing, compared to other recreational forms, against other "armed" fencers can become by necessity a defensive fence against the imponderable. Steps in turn, and turning around the enemy, jumps back and forth, dizzying swirls on several lines, sharp blows to the arm, the hand, groin, terrible thrusts at the face. A solid additional arsenal, non conventional, essential to defend oneself against an aggression.

For that double reason, gymnastic activity and personal defense, Master Martinelli's work approaches the excellent handbook by Master Giovanni Ceselli.

Master Giovanni Ceselli and the one-hand stick

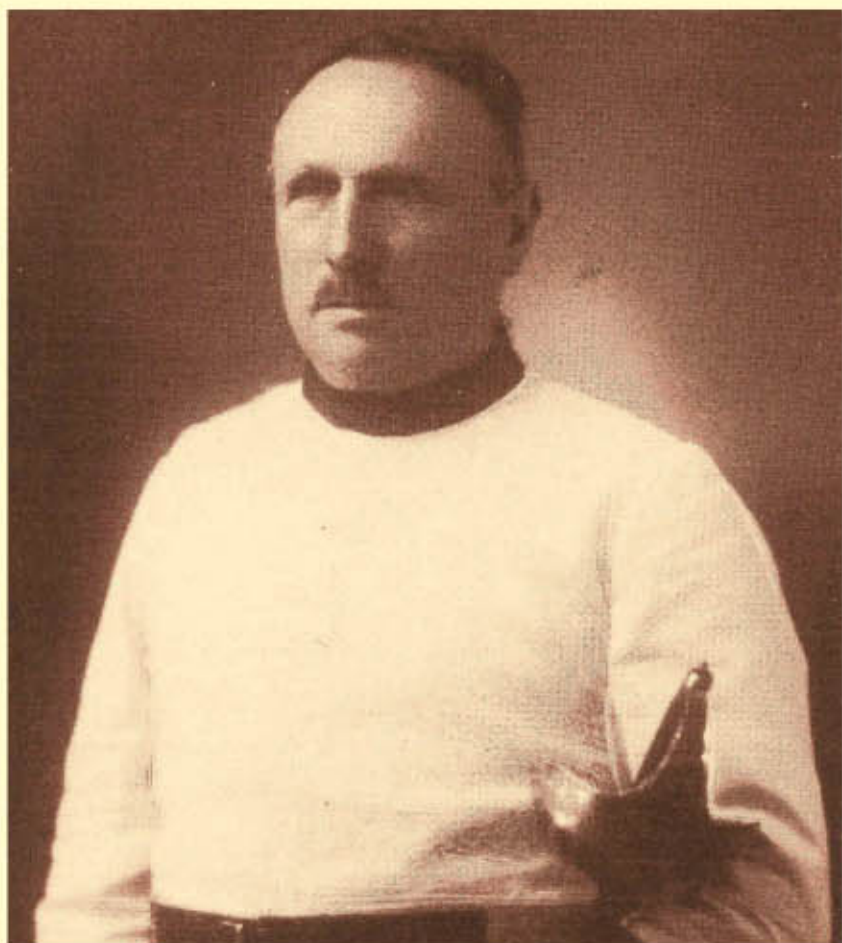
"... When you know to use a stick, can't you defend yourself against whomever and against the swords, the sabers and the knives?"

Moreover, because a stick is easy to find and it can be got anywhere, something which can't be said about other weapons..."

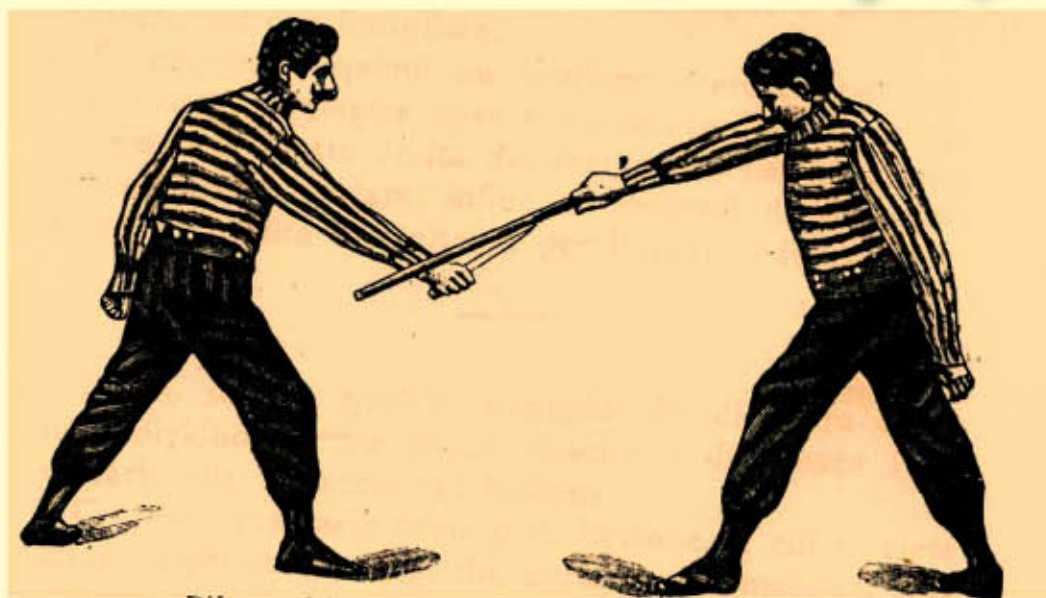
Master Francesco Cajol - 1865

In Milan, in Martinelli's school, the walking stick in good hands serves as a saber. Certainly it doesn't cut or penetrate, it doesn't kill, but it makes listen to reason and if necessary it also calms the most battle-hardened criminal. It is the school which makes the instru-

Fencing With One Hand Stick



Master Ceselli



It is a Treatise written "for the use of soldiers, students, civil and military schools and public and private schools" and in fact it was the handbook adopted by the 2nd Regiment Bersaglieri, the 10th and 17th Infantry Regiment, and also several

thrown in two series on the horizontal plane, perfect when you are with your back to a wall. They are performed from the right to the left shoulder and vice versa, helped with the free hand to dramatically increase their power.

Among Master Ceselli's lessons, there is also the "blow in time to the arm", a classic of Fencing, and "The Rous" exercise, a way of fight with the shadow, useful for the fencer to get used to move and strike at several directions, to "defend himself against several people, although these were armed with knife and dagger".

Nova Scrimia

Graziano Galvani

Two Masters, two sticks... a fencing

Martinelli and Ceselli, two valuable Fencing Masters who devoted their talents to the handling of stick weapons. Two Masters of weapons with different visions of the practice, armed with wood, but able to translate the "Fencing" stick model.

Their works, once again, allow us to understand what for centuries has shown Martial Fencing with facts: the principle of "adaptability" and "the model". From a deep structure it is always possible, yesterday as today, to adapt the lessons to present times. The art is based on scientific principles and concepts, always true and repeatable.

Martinelli and Ceselli believe that their proposed exercise develops in the students the best skills: feeling strong, energetic, powerful and armed with that inherent dignity of the gentleman of the time. In this we can recognize them as Masters of crystalline morality and values, the same values that influence many treatises of weapons of each time.

Masters able to transmit through the techniques, models to improve personally, with a philosophy of living well synthesized in the Latin motto: "Fortes creantur fortibus".

ment bigger, it is the fencer's skill which makes the technique really effective. Master Giovanni Ceselli teaches at the Royal Naval Academy in Livorno and in 1908 he published "Giuoco Ginnico Schermistico di bastone" (Gymnastic Game of Stick Fencing).

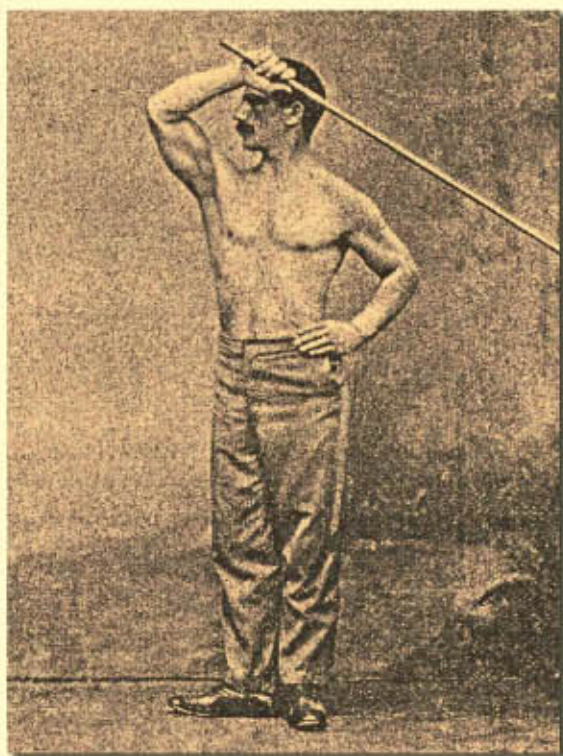
Entities and Institutes.

Master Ceselli has a patriotic vision of his task and he summarizes it in one concept: "The Homeland relies on the strongest". With his method he wants to achieve two precise objectives: one which is gymnastic and athletic to train body and heart, and another which is linked to self-defense. He believes that every of his students must be "able to defend himself effectively against one or more people, armed even with a knife or a dagger".

He handles the stick following the main master lines of Fencing, from the guard position to the steps, but he immediately turns them into strategies made of pragmatic and direct actions, strongly oriented to the "street use".

Up, a 95 cm long stick handled by strong arms; down, quick legs to perform balanced movements. The guard is solid and conservative, called "stick to the shoulder", then the fencer launches cutting blows, uprights and horizontal circles, powerful strokes combined among them in quick series so as to form an amazing barrier.

He adds more blows to those, if possible even more powerful, able to finally put the aggressor out of combat. We are talking about an action called "division": a series of blows to the face with power and speed, specific to keep far more than one armed person. Then there is the "scacciamento": blows



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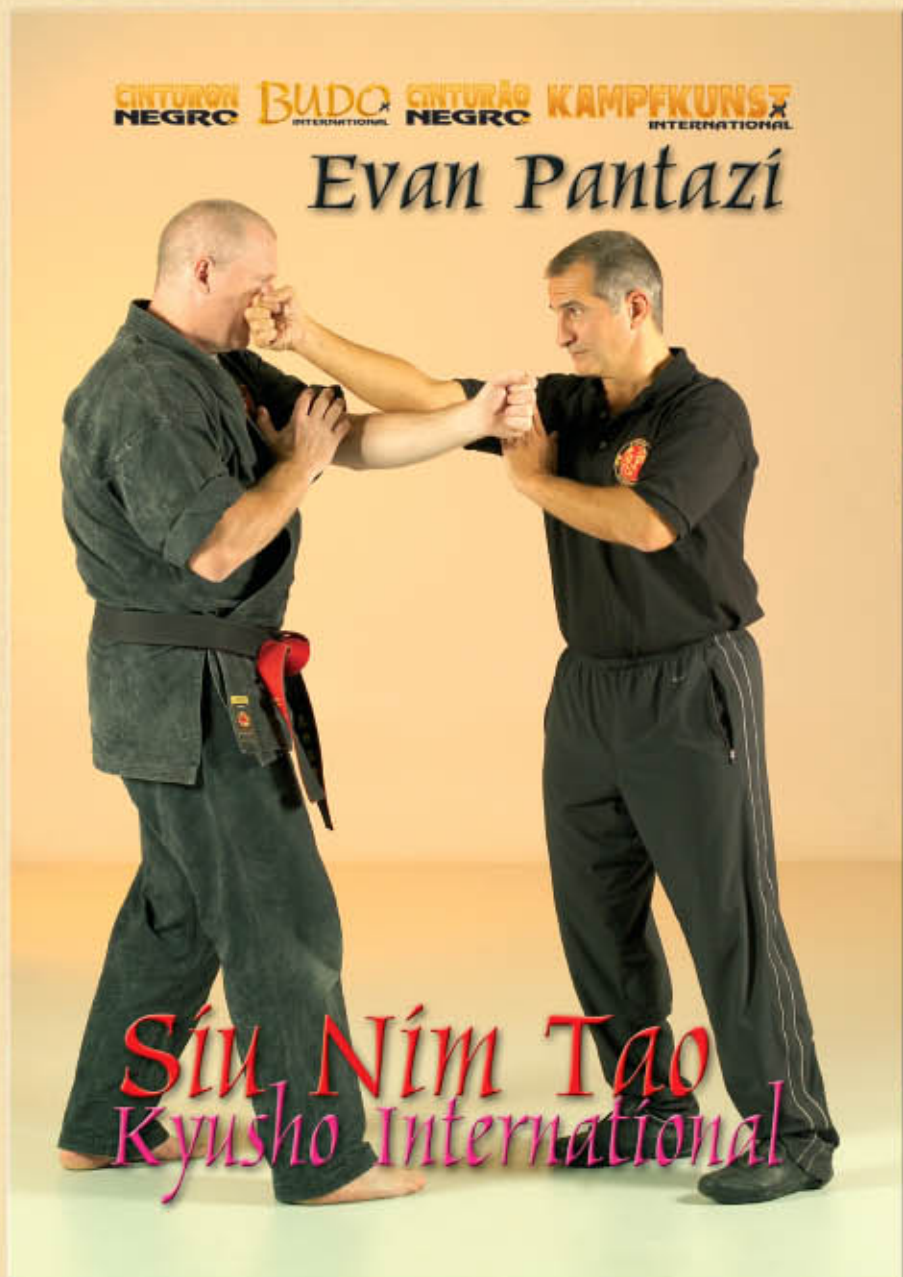
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Aikido

THE NEW GENERATION! Ueshiba's legacy in the West.

Everything is seen in its opposite", so the saying goes, so it is. The West has taken the East's torch and the East has taken the West's. Therefore it is not strange to see how this game of paradoxes, so typical in these days, has been materialized in tangible realities in the field of Disciplinary arts in general and Aikido in particular.

A whole generation of Uchi Deshi spread good news throughout the world. Aikido evolved as the seed in new and fertile lands, bore new and rich fruits, a new litter of new Masters to occupy their rightful place within the framework of a new paradigm, the time of the information society.

However, there has not been disconnection with the spiritual matrix; Aikido is very young and Ueshiba, being a man of a thousand faces as he was, far from teaching a knowledge, a restricted and monolithic style, planted in his students different seeds, those more likely to succeed in their natures, to discover in the end each of them, often with surprise, that what was taught by their Master to each of them was not exactly the same.

Beyond this feature, typical from the talent and personality of this exceptional man, the Aikido had that character typical from his essence, that is, the ability to adapt. His techniques were the translation of a proposal, rather than a structure to impose. Therefore, after the natural and essential learning period, the most courageous and bravest seekers among Western Masters, began to explore the wide range of possibilities within Ueshiba's fighting philosophy.

The Art had to deal with different anatomies from the Japanese, new questions, new demands. All this enriched and expanded the knowledge of Aikido and brought it closer to a new generation of surprised students who probably didn't know who Ueshiba was, but certainly they knew of Steven Seagal.

You don't need to have almond eyes to properly perform Aikido. You don't need not be a Shintoist to understand the advantages inherent to their strategy. Even if we keep the frame of tradition in the dojo, Aikido must go to the street and flood people's lives; Ueshiba would have wanted it, as he always knew how to put the Universal before the particular.

"Even if we keep the frame of tradition in the dojo, Aikido must go to the street and flood people's lives; Ueshiba would have wanted it, as he always knew how to put the Universal before the particular"

For Aikido, flowing, adapting, is in its own nature. Therefore O Sensei was careful to put gates to the field, something antithetical to a man of universal aspirations. And the West gave birth to its first litter of new puppies, and some of them were exceptional!

In the book we are presenting today, there are some of these extraordinary Masters, second and third generation of Aikido. I have had the privilege of meeting most of them, I even call friends some of them. Throughout the past few years their names and works have often been presented in the pages of the magazine I run. I did it when nobody gave a dime for Aikido. Some have witnessed my absolute faith in this martial art and its destiny; acting accordingly, I began to investigate who and what was done in the field among the "gaijin." Shy at the beginning, more determined over the time, the new Masters exposed their knowledge, and we all could discover in them a rich and heterogeneous Aikido, full of variables, a world of techniques, a universe of possibilities. And all that was good, correct, intense and above all, it was

something real and close. The Art continued to grow, Ueshiba would have been happy, his legacy, his heritage, were coming off in an amazing and rich cadre of new Masters, working and researching the most varied directions of it; together but not scrambled, almost crazily organized in disorder, looking at the roots or facing new challenges, but always, always, committed with passion to their work.

Discovering a vibrant Aikido has been a privilege as a specialist

publisher and as a person. I

am proud to see how that wise approach has been imposing more and more among the students, the pleasure of seeing how this extraordinary Martial Art has found a place at the gyms, gaining not only respect from other Martial Arts Masters, but also a name in society. These merits should be recognized in this generation of Western masters, as they have been the main figures in this growth.

These varied works presented, as we have said throughout the last twenty years, are thus part of the rich heritage which forms Aikido today and should not be missed. The life of an article in a magazine is short, but the life of a book is much longer. Accordingly, we have collected for all the students and lovers of Aikido such rich experiences and knowledge in a single volume, a work which is already part of the history of Aikido and therefore an essential part of its future.

Alfredo Tucci
Director of "Budo International"
Magazine

Aikido
Das Erbe Ueshibas
Die westliche



Aikido
Eredità di Ueshiba in Occidente
Maestri Occidentali



合氣

Aikido
L'héritage d'Ueshiba en Occident
Les Maîtres Occidentaux



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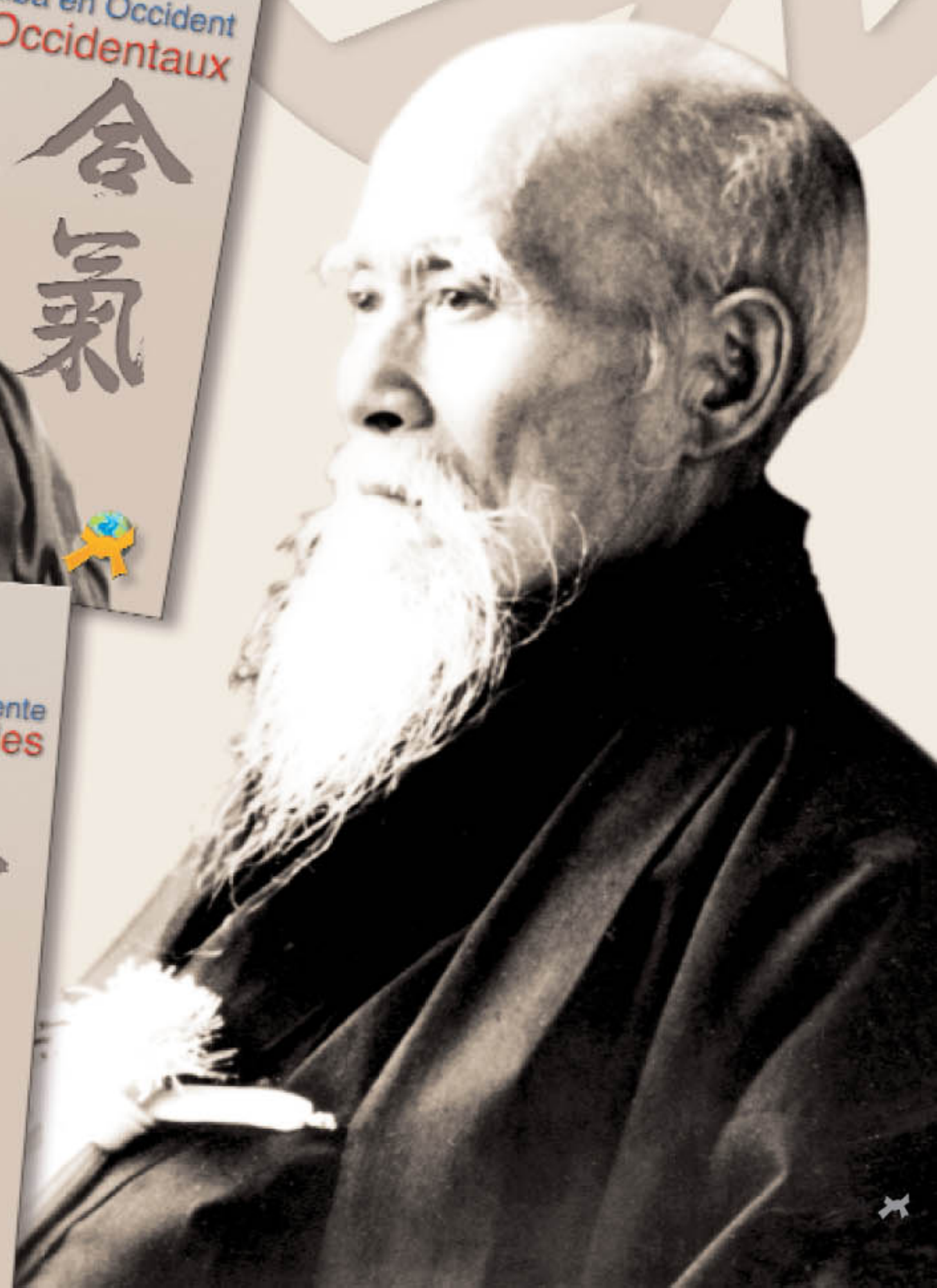
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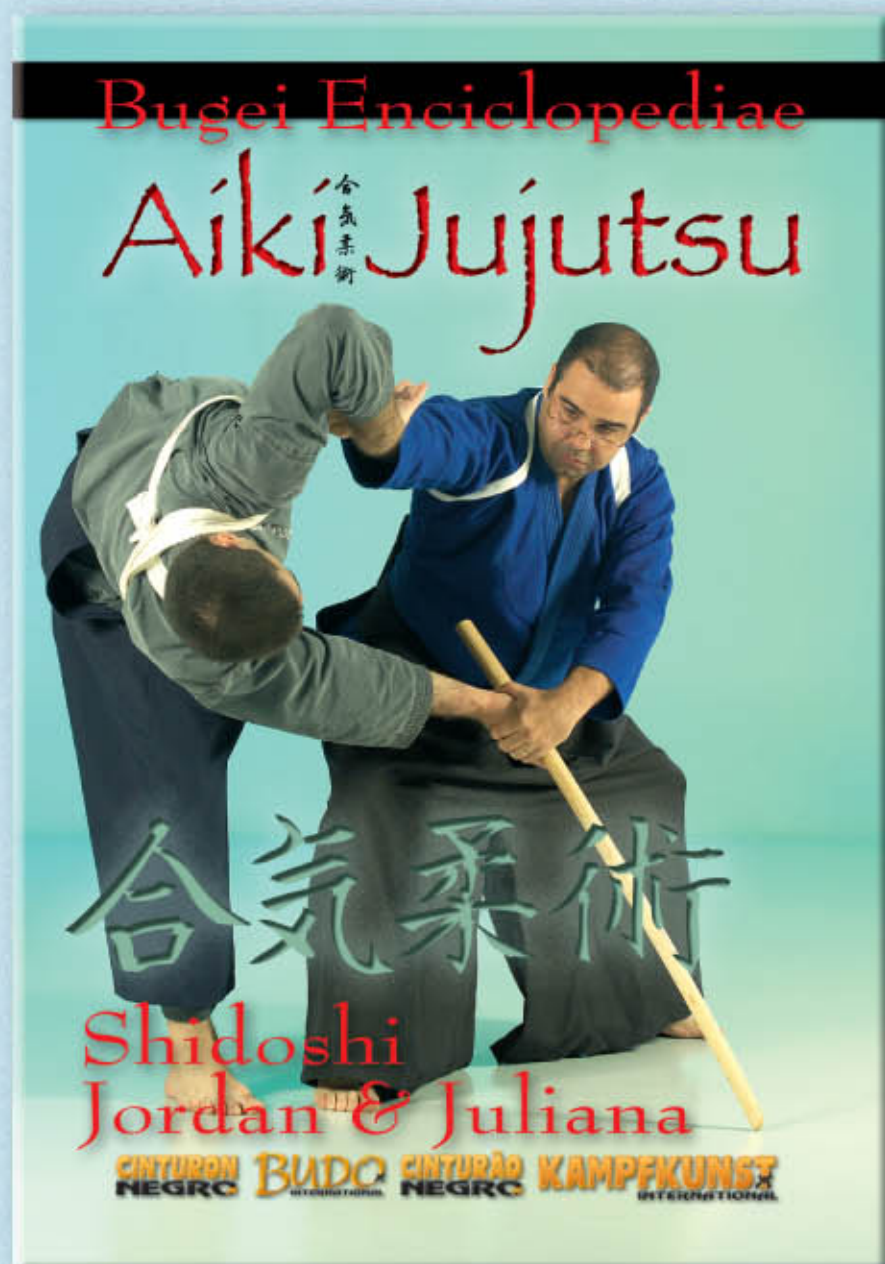


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Bugei Enciclopediae Aiki Jujutsu

Shidoshi Jordan & Juliana



In Aikijujutsu, the reality of each attack is at the time of its application. Uke and Tori share wisdom in relation to time; however, each one makes things its own way. The effectiveness of this art, coming from the Samurai era, lies in the quick neutralization of an attack, emphasizing the use of time, and combining harmony (Ai), energy (Ki) and flexibility (Ju) in an armoury of techniques and manipulations to control, dominate or hurt the attacker. Just someone like Shidoshi Jordan could undertake this work, particularly interesting for lovers of Aikido and of traditional formulas of Japanese feudal combat.



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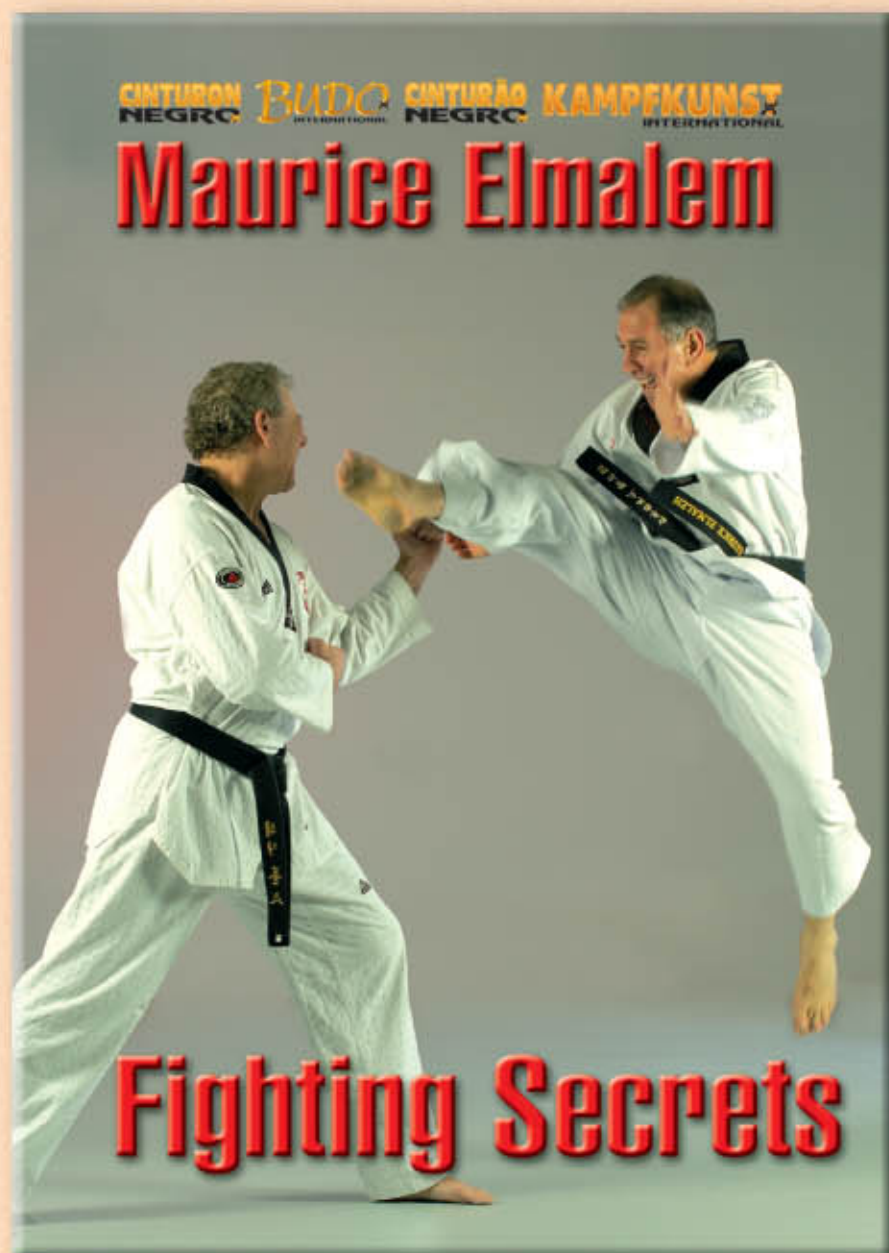
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Winners are creative. With this premise, Maurice Elmalem, 7 times World Champion, W.T.F. 7th Dan and holder of several Guinness records for breaks, reveals the keys to get the final result of a fight to be favorable for us. Always use the techniques that draw the referee's attention as much as possible, as well as a powerful Kiai every time you reach the opponent, attract people's attention when you get a point, diversify your strategies during the season so that nobody can anticipate your movements, stay strong and press constantly moving and surprising with quick techniques. Techniques combinations, tactics and advice based on the wide experience of the author, which undoubtedly will help you to advance in competitions.



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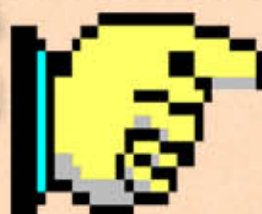


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Muay Boran

According to the ancient Thai Masters, the Muay Thai, the traditional form of fight of the Thai people, is an art of combat that gives its followers the effectiveness in the fights against one or possibly more adversaries, using the human body's natural weapons, from head to toes; in combat you must be able to use the arms to hit, grab and fight, and each body part is determined in the best possible way as a "tool" to attack and defend against all kind of attacks (front, side and back). The serious student must learn about the weaknesses of the human body to learn to reach them with his attacks and he has to train the strong parts of his own body, to use them as defensive shields and as blades, sticks and mallets to attack. Therefore the study of the Siamese art is called the "9 weapons", that is, Muay Thai teaches how to use with scientific efficiency the head, hands, elbows, knees and legs (according to Chern Muay attack techniques).

The human body, when properly trained, led by the warrior spirit that makes it act without fear, is like a weapon: this is the credo of most of the Eastern Arts of Fight. The legends of the martial traditions of India, China, Japan, Korea and throughout the South-East Asia are full of episodes in which the hero defends himself against rows of adversaries who are armed or not, using only his limbs and his courage.

In Muay Thai, the most emblematic figure of these traditions, midway between legend and history and certainly an example for all followers of this art, is the famous warrior Nai Khanom Thom. His life story represents the archetype of the exploits of the hero warrior, faithful to the homeland and the Martial Art, who at the time of maximum frustration and difficulty gets the inspiration from his main values to overcome seemingly insurmountable obstacles, restoring freedom for himself, his colleagues and indirectly all the people.

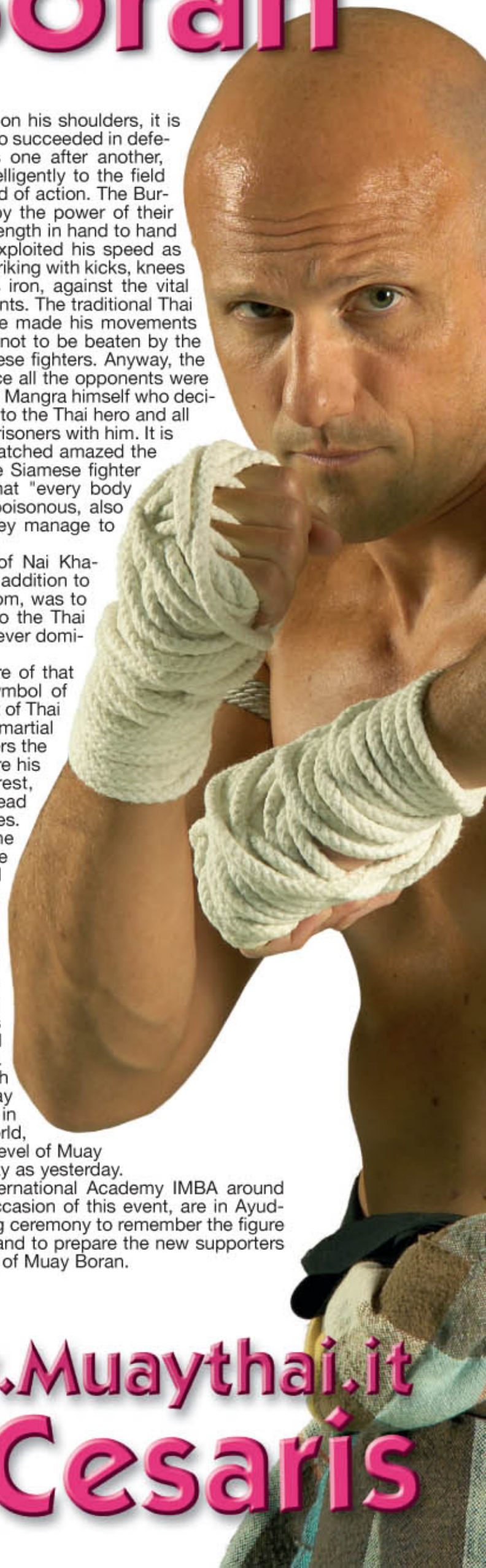
Taken prisoner by the Burmese, invaders of his homeland, imprisoned during the terrible attack on the former capital Ayudhaya in 1774, Nai Khanom Thom was taken to Burma (now Myanmar) with many of his fellow soldiers. During a series of fight tournaments where the Burmese forced the prisoners to fight as gladiators, the Burmese King Mangra saw Thom and observed our hero's great skills in combat. Willing to test the effectiveness of the Siamese fight form, which caused many losses among the Burmese conquerors, the king Mangra decided to make the best Thai prisoner fight in an unarmed combat against a row of Burmese gladiators, chosen among the best in his army. The great strength of the fight form used by the Thais could not be higher than the skill of the best fighters of Burma! Here history and legend are mixed: it is told that an epic battle to death with empty hands took place between the Thai champion and 10 Burmese fighters (according to other versions, they were 12 or even 13). The truth is that the style of combat of Nai Khanom Thom was very similar to what is known today as Muay Kard Chiek or fight with hands bandaged with ropes. Thom was used to using all the resources from his own being, both the physical and the mental ones, to defeat his opponents. The Muay Kard Chiek fighters of the time were compared to famished tigers, any action of attack was possible, there were no limits: fists, elbows, knees, kicks, headers, levers to the joints, choking, projections, even bites and "claws" against the soft parts were a part of what a gladiator of the time used and was ready to apply. That is how Nai Khanom Thom had to face the toughest challenge of his entire career as a soldier and fighter: fighting not only for his own life, but also to save his fellows and to recover freedom.

With such a burden on his shoulders, it is told that the Thai hero succeeded in defeating his opponents one after another, leading the fight intelligently to the field of mobility and speed of action. The Burmese were known by the power of their fists and for their strength in hand to hand combat, so Thom exploited his speed as much as possible, striking with kicks, knees and elbows hard as iron, against the vital points of his opponents. The traditional Thai shorts, loincloth style made his movements easier, allowing him not to be beaten by the attacks of the Burmese fighters. Anyway, the legend says that once all the opponents were defeated, it was King Mangra himself who decided to give freedom to the Thai hero and all his fellow soldiers, prisoners with him. It is said that the King watched amazed the incredible test of the Siamese fighter and came to say that "every body part of the Thai is poisonous, also without weapons they manage to beat their enemies".

The positive effect of Nai Khanom Thom's feat, in addition to his immediate freedom, was to restore confidence to the Thai village, beaten but never dominated.

Since then, the figure of that great hero is the symbol of the indomitable spirit of Thai Martial Art: the true martial artist is he who prefers the sense of honor before his own personal interest, even if that would lead him to great sacrifices. His homeland, the Martial Art itself, the school where he had been trained, his own Master and the community of fellow practitioners: these are the values for which Nai Khanom Thom fought and therefore his figure is still present and worthy of all respect. For centuries, March 17 has been his day and in Thailand and in the rest of the world, practitioners of any level of Muay Thai honor him, today as yesterday.

Members of our International Academy IMBA around the world, on the occasion of this event, are in Ayudhaya to attend a big ceremony to remember the figure of the great warrior and to prepare the new supporters to join the big family of Muay Boran.



www.Muaythai.it

Marco de Cesaris



The real tradition of Muay Boran, ancient warrior art of Siam

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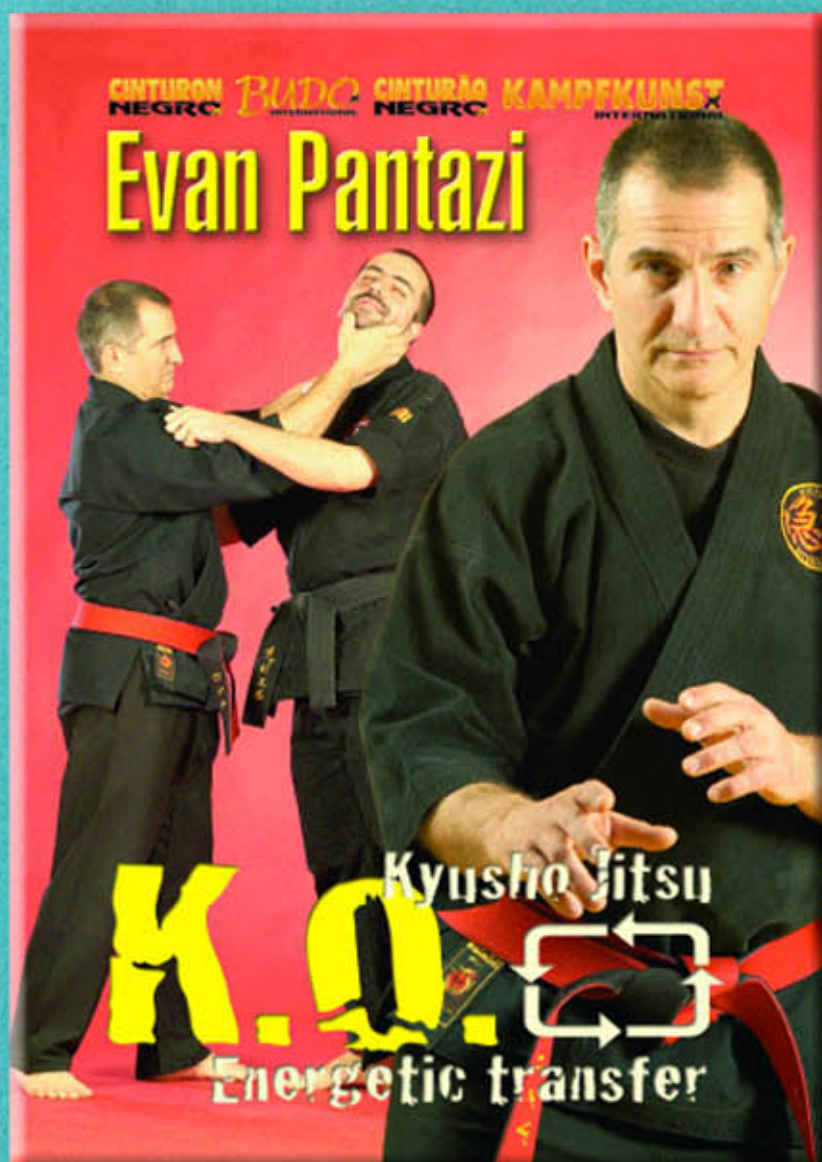


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Evan Pantazi



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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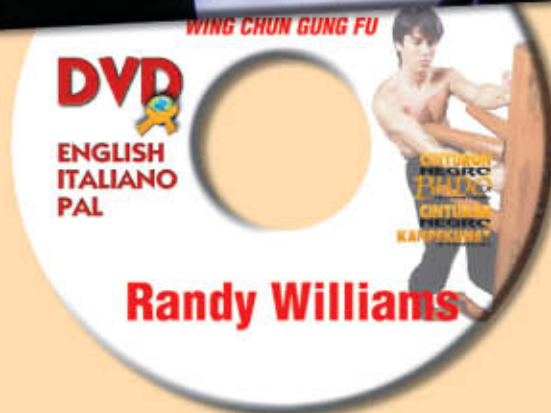
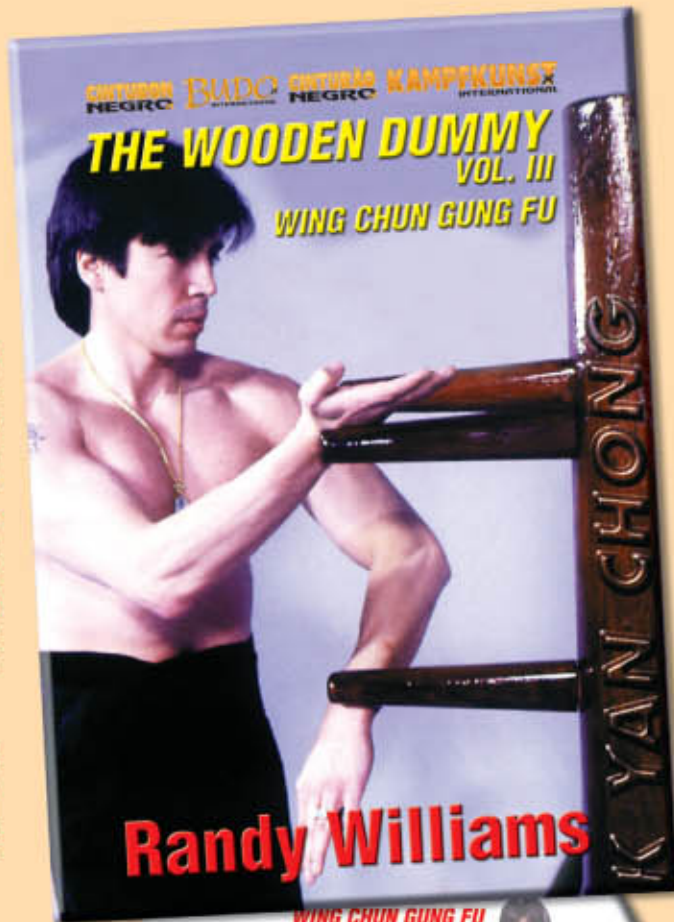
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Randy Williams

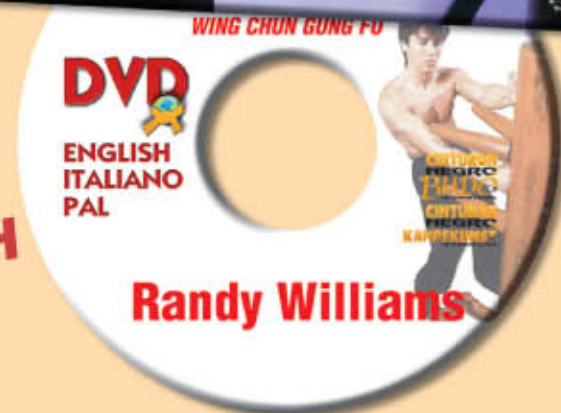
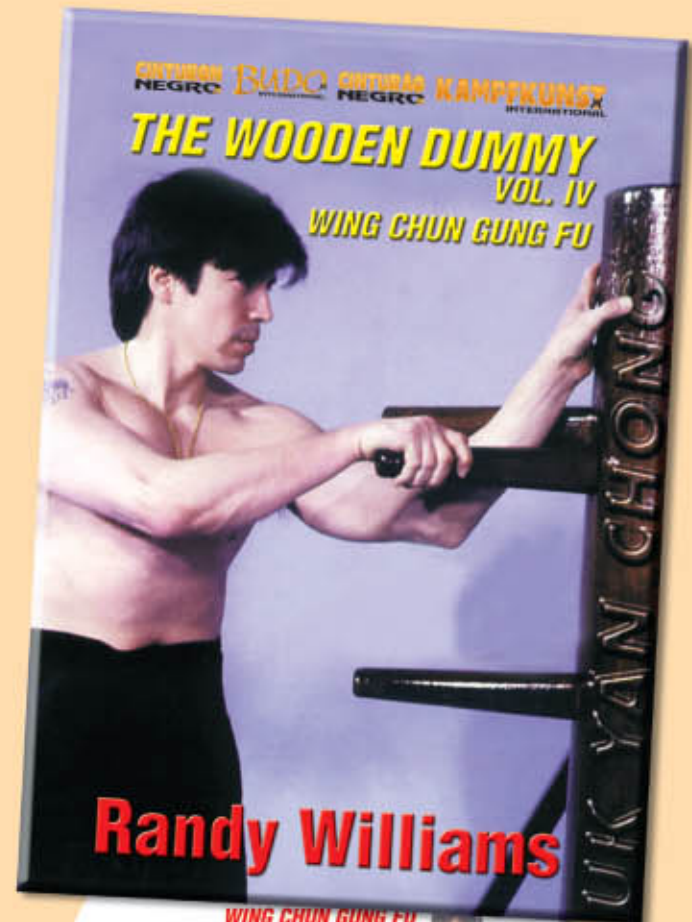
THE WOODEN DUMMY

WING CHUN GUNG FU (VOL. III - VOL. IV)

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Randy Williams is characterised as one the outstanding Wing Chun master, and returns with a DVD row over training with the Muk Yang Chong, the famous wood doll, which made the style of Bruce Lee so popular. This series, which places all past series into the shade, consists of six parts,

which analyze the complete form:

Vol.3: Sections 8 and 9

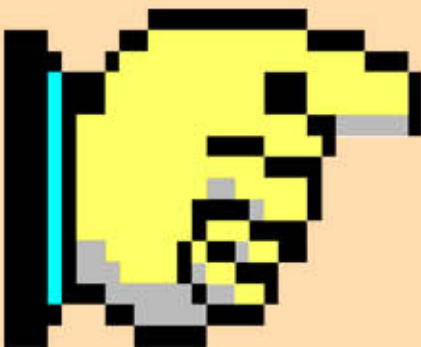
Vol.4: Sections 10 to 12, and the complete form. All technical sections

are divided and contained detailed explanations and applications into the fight. A work, which shows the practical foundations and for the pupils of the Wing Chun Kung Fu offers innumerable possibilities

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The creator of Krav Maga

A humanist is someone who, due to the atmosphere to which he has been exposed, is interested in the future of humanity. It is he who does not rest on his laurels conquered for himself, who avoids the inertia and the comfort and states that anyone can transcend the environment with courage, because, in other words, he has freedom of choice. Imi, throughout his life, fought in wars and knew all the faces of violence. He faced enemies, he led battles and he showed that all of us have the option to survive in the fight, whatever is it. He taught simple men to use their own body, turning them into unbeatable soldiers. The effectiveness of his teachings is Amazing and his work is recognized throughout the world. His creation became a philosophy of defense in the State of Israel and elite military units around the world use his techniques. The teaching for civilians develops in the common citizen the autonomy, showing that anyone is able to defend his integrity in any situation of violence everyday. Imi imagined, made and donated to humanity his example, his position, his teachings and his strength.

Those who have had the honor to receive his teachings as students and now are engaged in spreading them, will meet on the occasion of his centennial. On May 26 2010, Imi would be 100 years old and everyone is invited to learn more about his history and honor him, a way to thank him for a life of lucidity and courage devoted to the others and to future generations. The main masters of Krav Maga in the world will attend the international event "Krav Maga 2010" and all practitioners of the world are invited to participate. This event will be held in the city of Rio de Janeiro, Brazil, with 5 days of seminars, conferences and tours, including training on Copacabana Beach, exhibitions and theatre plays that include the history of Imi and Krav Maga in the world. The South American Federation of Krav Maga will open its doors to trainees and instructors from around the world. More information on the site www.kravmaga2010.com.

"Be good enough to avoid conflict."

"A simple and natural answer to a complicated situation."

"The smallest movement of defense against the biggest movement of attack."

"Do it, but do it well."

"Relax in proportion to the need."

Who has had the privilege of living with Imi, has heard sentences such as these. He used to sit with his students in a cafe called "Ugati" in the city of Natanya, Israel, and he could talk for hours about Krav Maga and its techniques. He believed in the essence of the human being and that everyone could improve his life on the right track. A person who had the grandeur to hear differences and disagreements, as small and insignificant matters against a hierarchy of values where the good personal relationship is above all and must be preserved. He saw life simple, welcomed everyone with an open heart and always had a message to transmit. Who sat beside him immediately perceived that he was a different person, enlightened and with a great strength of spirit.

His posture and attitude to face the situations that life brought him, show the path that led him to create his work. Go beyond, confront injustice, threats, weapons, war and death. And also teach everyone to do so. And he didn't stop there, he was concerned about going even further, training disciples who would teach other disciples and thus he would ensure that the techniques of survival created by him could reach as many people as possible and continue in future generations.

Imrir Lichtenfeld (Sdeor) was born on May 26, 1910 in Budapest, the center of the Austro-Hungarian Empire. He grew up in Bratislava, capital of Slovakia.

His father, Samuel, was the head of the local secret service and an instructor of self-defense and immobilization techniques of the secret police; he was decorated and was known as the detective who had arrested more dangerous criminals. Imi used to go with his father, he suggested movements and techniques which, when used by police officers, worked very efficiently. His uncle was a doctor and that made it easier for him the access to books and knowledge of the human body. Encouraged by his father, Imi

began to practice some forms of sports and in 1928 and 29 he won several European championships in Greco-Roman Wrestling and in the same year he was champion of Boxing. In the following decade, Imi would focus on Greco-Roman Wrestling as an athlete and an instructor, winning several medals in national and international competitions. His training was based on law, medicine and sport.



Since the mid-thirties, life in Bratislava was no longer as before. Gradually, fascists and anti-Semitic groups transformed the life of the country. Street fighting, persecution and death were the new reality. Imi led a resistance group that fought against the fascists. Between the years 1936 and 1940, he participated in countless violent confrontations, alone or in team. Imi and his colleagues were faced with hundreds, thousands of enemies in a cruel and unequal war. All these events and personal experiences, strengthened Imi's body and spirit, preparing him for the future that awaited him, and planted the seeds that germinated and resulted in the creation of Krav Maga.

In 1940, Imi left his homeland, family and friends and went into the last boat that escaped the Nazis. It was not more than a simple raft named "Pentcho", adapted to transport hundreds of people who left Europe towards Israel. The stories of this raft and its passengers became famous and were described in John Birman's book, "The Odyssey."

Imi's "Odyssey" lasted two years. He repeatedly jumped into the water to save the lives of passengers or a valuable bag of food, traveling the frozen river Danube. These "adventures" would cause him a sharp ear infection that nearly took him to death. After an explosion in the pressure tank of the vessel, which took place near the Greek islands, his assistance was required and, having spent four days and nights of great effort, he reached shore. There he was caught in a serious state of health, led to Alexandria where he underwent several surgeries.

Once he recovered, he joined the Czech army that fought alongside the British Army and that is how Imi fought in the Middle East, in Libya, Syria, Lebanon and Egypt. In 1942, he was hurt in the army and he received permission to enter Israel, where a new period of his life started.

His arrival in the State of Israel was just one more step in his career, but he didn't perceived that this "small" step would be a milestone that would influence the direction of the entire history of the Jewish people in the State of Israel. Already at this time, in mid 1942, there were movements of defense classified into three groups: Haganah, Lehi and Hetzel, which fought to ensure the survival of the people who lived there, especially against the attacks by the "Fedainim", gangs of Muslims criminals who looted, kidnapped and killed with cruelty. In the defense group of Haganah, the largest of the three organizations, there were some of his old colleagues and students in the Austro-Hungarian Empire, who introduced Imi to the head of the Haganah, Yitzhak Sadeh, who in turn immediately appointed him responsible for the physical training, self defense and combat in his organization.

In particular, Imi personally trained the elite groups of the Haganah and the Palmah, including the "P.A.L.I.A.M.". The latter, years later would become the basis for the formation of the elite groups of the Israel armed forces.

With the creation of the State of Israel, Imi was enlisted in the "Tzahal", where he became the chief instructor of Krav Maga and fitness, at the beginning only in the army and later in the school of physical preparation of all the IDF. Over the next 20 years, Imi improved his technique of self defense and hand to hand combat. He trained himself the best warriors of the best groups of elite in the Israeli army, people who thanks to his technique, skill and courage, changed the course of the operations and wars that took place there. When he left his work as an instructor of the Tzahal, he adapted the technique of Krav Maga to the civilian world, making it efficient and accessible to every human being, the



strong, the weak, male or female, child or elder. To do so, he opened two training centers, one in the city of Tel Aviv and other one in Netanya. In this process of "opening", he selected a small group among his best students, who in the future would be responsible for Krav Maga. In 1978, he founded the Krav Maga Association in Israel.

Imi Lichtenfeld was until his last days, a consultant and advisor to the armed forces of Israel, besides training black belts of highest level of Krav Maga and being present at meetings and seminars for practitioners from around the world taking place in Israel, supervising and transmitting his personal experiences, discoveries and the practical meaning of his creation, the Krav Maga.

In an official letter of "Honor to the Merit", the chief of the armed forces writes that since the time of the Haganah and Palmah, through all the years of the Tzahal, the ability to fight and Imi's personal potential were the foundations of the quality of the Israelite warrior and no one else was responsible for this result, for this achievement, just Imi Lichtenfeld. The same letter says that the quality of Krav Maga is the result of the value of humanity of Imi, which is structured in simplicity, objectivity, self-control, maximum security in training and combat, honesty and

respect for the opponent, even as an enemy.

In a letter written by the Minister of Education and Culture, Zvulum Amer, it is recognized the importance of preparing Israeli youngsters to confront daily violence and for this reason, the Ministry of Education supports the effective teaching of Krav Maga in all schools. The Minister thanks Imi for creating such an efficient technique, qualifying him as blue and white merit. Blue and white is a term used in Israel to refer to people who honor the country. Blue and white are the colors of the flag of Israel.

Prime Minister Yitzhak Rabin said in a letter that Imi Lichtenfeld is synonymous with "training a soldier or an Israeli commander", being these "two" an evident part of the success of the operations of the Tzahal.

Unfortunately for the whole family of Krav Maga, Imi Lichtenfeld died on January 9, 1998.

But his work is still alive. The dream of his life has crossed borders and has reached more than 40 countries. People who never knew him personally or did not know the horrors of war he had to face, now follow the path of his life. His words of wisdom and simplicity are still pronounced in classrooms around the world. In May 2010, we will study, remember, tell and

practice his work, realizing his dream of being the Krav Maga family. Based on an initiative of the South American Krav Maga Federation, headed by Master Kobi Lichtenstein, Federations and masters around the world come together in this great work which is being undertaken with great enthusiasm and dedication. In addition to seminars, tours and audiovisual presentations and plays, fraternization among practitioners of several cultures and the payment of tribute to all those involved in the development of Krav Maga in the world will be the highlight of the event.

The greatness of a man and the strength of his ideals are measured by the multiplication of his echo through the ages. Krav Maga in 2010 will be a milestone of union around the ideal of a man in his 100th anniversary, who remains true in our days, with the same objectivity and simplicity of the times of his origin. The event will provide to all those who have not met Imi, the ability to understand his way of seeing the world, with lectures, films, demonstrations and training sessions with the Masters who were his direct students.

You can choose to be autonomous, to break barriers, to defend yourself against any threat; if you do not know yet which the way is, participate in Krav Maga 2010.

COMMEMORATION OF THE CENTENARY OF THE CREATOR OF THE KRAV MAGA
"An encounter without precedents, with the best teachers, in a dream place"

Imi Lichtenfeld (Z"L)

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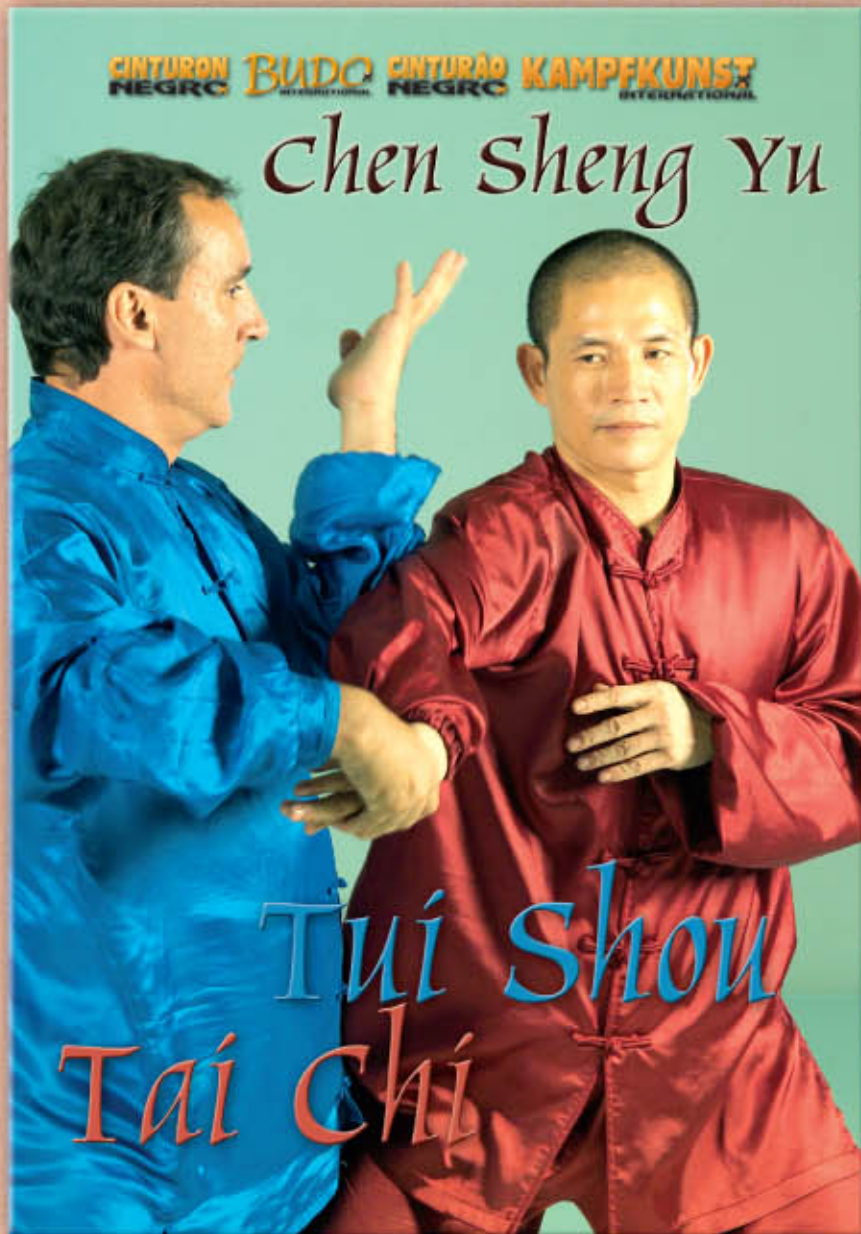
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Chen Sheng-Yu, student for 12 years under Master Hong Jungshen, who was in turn disciple of legendary Chen Fake, reveals in this new work the keys for this essential part of Tai Chi: Tui-Shou, or hands pushing. During the practice, there are martial applications which emerge from all concepts learned in the forms, and their understanding is essential for a proper practice of Taijiquan, even if it is practiced for therapeutic purposes. Only a Master like Chen, with a high technical level, can help us to make progress in learning this section, considered the "fourth pillar" of Tai Chi



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Shotokan Karate Do Nakayama

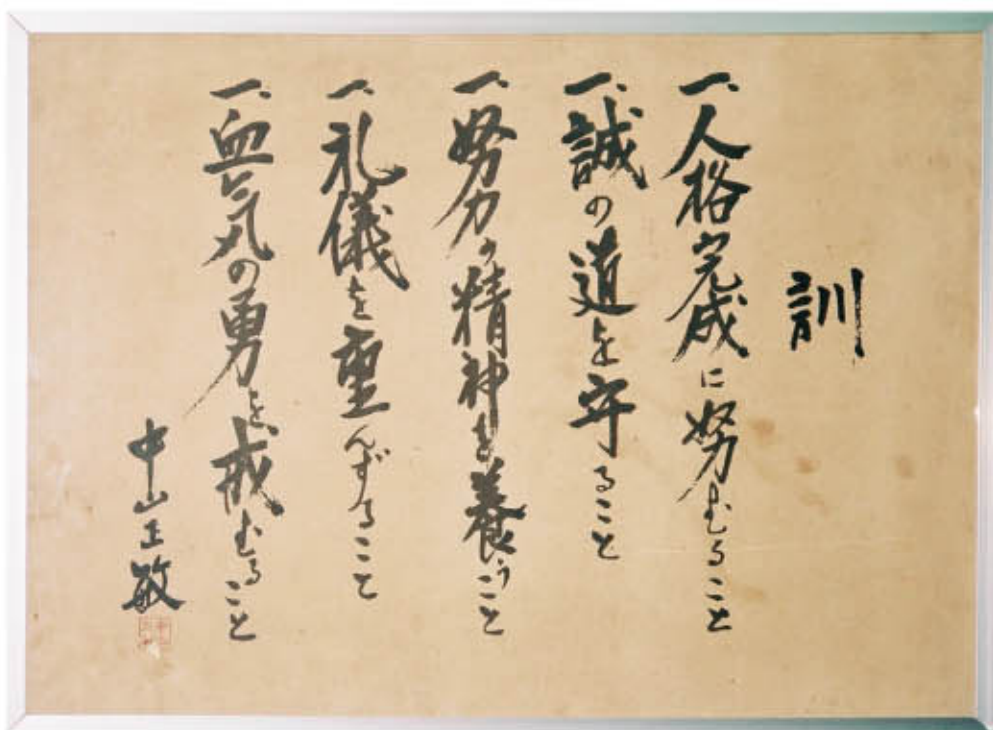
HOITSUGAN DOJO, TOKYO



Masatoshi Nakayama has been without any doubt the Grand Master of Shotokan and worthy successor of Gichin Funakoshi at the head of the Japan Karate Association. Nakayama sensei led the development of Karate from the legendary dojo in Tokyo, the Hoitsugan, a real symbol...

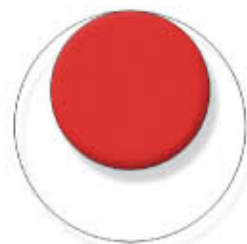
Salvador Herráiz, who met Nakayama more than twenty years ago at the Hoitsugan Dojo, has now come back to this mythical place and tells us how history has treated the Honbu Dojo of Nakayama after two decades of absence of its founder.

Text & Photos: **Salvador Herráiz** 6th Dan de Karate
Ebishu Nishi, Tokyo





HOITSUGAN DOJO, TOKYO



Hoitsugan Dojo Of Tokyo The Day I Profaned The Nakayama's House

I do not think it necessary to talk much about Masatoshi Nakayama, as he is well known as the undisputed leader of the World Shotokan during the 30 years he was Chief Instructor and successor of Gichin Funakoshi at the JKA. Teacher of all the great masters of this branch of Shotokan, he made them all stay together while he lived (with the exception of Hirokazu Kanazawa, who left the organization when Nakayama was still alive).

As a brief history, after having dedicated some pages in Black Belt to him, I will say that Masatoshi Nakayama was born on April 6, 1913, in Kanazawa, in a family descended from the samurai. He entered the Takushoku University and began his practice of Karate under the direction of Gichin Funakoshi. Innovative in Karate, he enriched his practice with the creation of Ippon, Sanbon and Gohon Kumite in 1933 and the introduction of the practice of free combat a couple of years later (this was shown in exhibitions soon after).

Nakayama travelled to China, which on the one hand enriched him for the knowledge he acquired there, but on the other hand made him miss historic moments as the opening of the Shotokan dojo and unfortunate World War II who did so much damage to Karate. When he returned to Japan in 1947 he began to lead the training of Karate at the University of Takushoku, and a couple of years later he participated in the creation of the JKA and became his main instructor and Gichin Funakoshi's right hand. He also participated in the Karate lessons at the Strategic Air Command of U.S. Army, of which he always felt very proud and we already deeply commented in this magazine some time ago.

Although logically Nakayama has taught at several places (such as Takushoku University, JKA central dojo, etc...) in 1972 Nakayama opened what would become later his favorite place, the apple of his eyes... the Hoitsugan Dojo, a center which has six rooms specially designed for foreign students coming to Tokyo to study karate under his leadership. Hirokazu Kanazawa worked with Nakayama in the project, and most of the great masters of Shotokan of the time took their teaching and practice to the Hoitsugan tatami. There Nakayama used to teach Karate (if his frequent travels abroad allow him to) from Monday to Wednesday, leaving the long weekends for his regular courses and trips within Japan.

The success of the center is unquestionable and there came important students from all over the world, who spent their stay training about fifteen hours a week in morning and afternoon sessions.

The Hoitsugan dojo building is closed to the place where the Hombu Dojo had been for twenty years, in the district of Ebisu Nishi in Tokyo. In 1987, I met Masatoshi Nakayama, first at his Hoitsugan Dojo and then at his home, on the top floor of the building where the dojo is. They we chatted, laughed, and had tea and cakes and he even gave me a dedicated copy of Karatedo Kyohan of his master Gichin Funakoshi. They we took beautiful pictures. When a couple of weeks later I sent them to him from Spain, they were unexpectedly sent back, because... Masatoshi Nakayama had died suddenly. For a long time I could not stop thinking about the charismatic master, in the original book Karatedo Kyoho he gave me and dedicated at his home, with his sentences to me where he defines me, embarrassing me, as "a great expert in the history of Karate, a scholar who deeps into its practice and its philosophy", and then he told me about his concern for the future of Karate and made a request: "Salvador, you have a great responsibility as you research and write. I ask you to explore the depths of true Karate and try to prevent its meaning from changing, even though this martial art came to be Olympic". Often, even today, twenty years later, I think of that sentence and in putting my bit in this mission.

After the shock for his death and even if I had assumed that Nakayama's right-hand man, Yoshiaki Osaka, would be at the head of the Hoitsugan, the reality was different and it was sensei Minoru Kawawada who did it, who also had a long history of collaboration with Nakayama, since a few years after the opening of Hoitsugan he became one of the instructors of the dojo around 1976. Kawawada had had

On this page: The author at the Hoitsugan, more than 20 years after his first visit and meeting with Nakayama sensei.

On the following page: Top: Different parts of the Hoitsugan Dojo.

Below: Salvador Herráiz and Masatoshi Nakayama in March 1987, days before the death of the Master, in the house he had on his Hoitsugan Dojo in Tokyo, in March 1987.



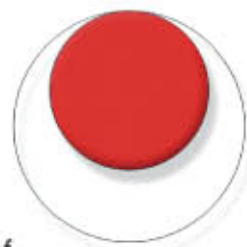


Shotokan Karate Do Nakayama





HOITSUGAN DOJO, TOKYO



significant health problems and therefore Nakayama was very close to him.

Minoru Kawawada has been a born and successful competitor, winning both in Kata and Kumite at the Shotokan World Cup in 1985. Kawawada, who is 7th Dan, combines his teaching at the headquarters with his classes at the Nakayama's Hoitsugan dojo, where he teaches three evenings a week.

Now I wanted to visit the new place so I went there. It was winter, after finishing my work that day, in the evening, I did a long walk to the Hoitsugan dojo. I was not in a hurry. I got off the subway some stations before and I enjoyed the neighborhoods of the area.

When I arrived there was nobody in. The dojo was open but Master Kawawada was not there and I thought he would be coming soon, for the schedule of the classes. The minutes passed by but Kawawada and nobody else came. Waiting is the worst part, so I decided to go to a bar nearby and spend a good time there. Late in the evening I went back to the Hoitsugan and... nobody was there. I didn't want to leave without feeling again the mat under my feet, without feeling Nakayama sensei in the place, without enjoying again the sight of the famous original dojokun of the Master, his memories, his.... I felt I could do it and I entered the mat, I turned on the light and... I stayed there for a while. The dojo is in the basement of a four-floor building with rooms originally designed for foreign students

who practiced Karate with Nakayama sensei. Downstairs a couple of narrow corridors lead to the tatami, another historic place for the lovers of Karate, but in this case relatively modern. The sensation I feel is bittersweet, because I am thinking of the "profanation" I am doing in a sacred place, but with the

justification of treating it with utmost respect and of course not touch anything that should not be touched, that is, absolutely nothing.

The dojo is not very big, the floor is of course of dark wood and in a very visible place there is the original of the famous

Gichin Funakoshi and Masatoshi Nakayama on the opening day of the Hombu Dojo of JKA, in the Takaoka Movie Center in Yotsuya on April 1, 1955.

Masatoshi Nakayama and the famous Japanese writer Yukio Mishima, who along with a group of his enthusiasts trained sporadically Karate with Nakayama sensei, from whom the famous writer received the First Dan. Year later Yukio Mishima made the Harakiri, depressed by the decline of Japanese customs. Hours earlier he tried to talk to Nakayama sensei, without success.



Shotokan Karate Do Nakayama



dojokun (ethical code of Karate) which Nakayama wrote and whose copies are in numerous dojos throughout the world. Several titles and some photos, just a few, cover the walls. Here I can feel Nakayama even more. A framed parchment signed by Gichin Funakoshi himself as Shoto, reminds us that "the art of fist and Zen are the same", teaching that other masters have transmitted us in sentences such as "Karate is Zen in movement". Funakoshi sensei's poster covers the top of the kamiza in the dojo, as it could not be otherwise, on the small shinto altar.

When I leave the dojo, late that night, I walk away thinking in Nakayama, in his life and in his work. In those days, as if I had account before Nakayama and to pay him my respects, I go to the cemetery where his remains lie in a small temple in the bustling center of Tokyo, in the neighborhood of Harajuku.

In Japan there is a general tendency to think that Westerners are not going to treat with enough respect the places that are sacred to them (and perhaps they have reason). So in general they are reluctant to allow us visit their graves and try to avoid it through

the lack of information. In this case worker of the temple tried to convince me that Masatoshi Nakayama's remains were not there. But the information I had, from a reliable source, and my power of persuasion (just kidding) made her see that I just needed some help to find the tomb, and not wander unnecessarily along the corridors, looking for the known Kanjis of Nakayama's name. Finally the woman accepted and took me straight to the place where, with some initial suspicion, I observed every kanji, since (as I knew) his tomb is strictly personal and do not have any kanji or symbol related to Karate or martial arts. Now at last I was there, facing the eternal resting place of Master Nakayama, remembering how warmly he welcomed me, with his wife, in his home, at the Hoitsugan Dojo.

At his grave I felt comforted and at the moment I touched the stone with my hand, a sudden wind moved the leaves of the trees that lay on the ground. For a moment I was surprised and it almost scared me ... but why?, There was nothing to fear, it would be just a greeting, an "I'm listening". After a few minutes when I justify (I'm not sure if to him or to myself) for my stay in his dojo, and I remember everything he has done for Karate and his concern about it taking the wrong direction, I leave the place and I come back to the madding crowd, but with the hope of not taking to long to come back.



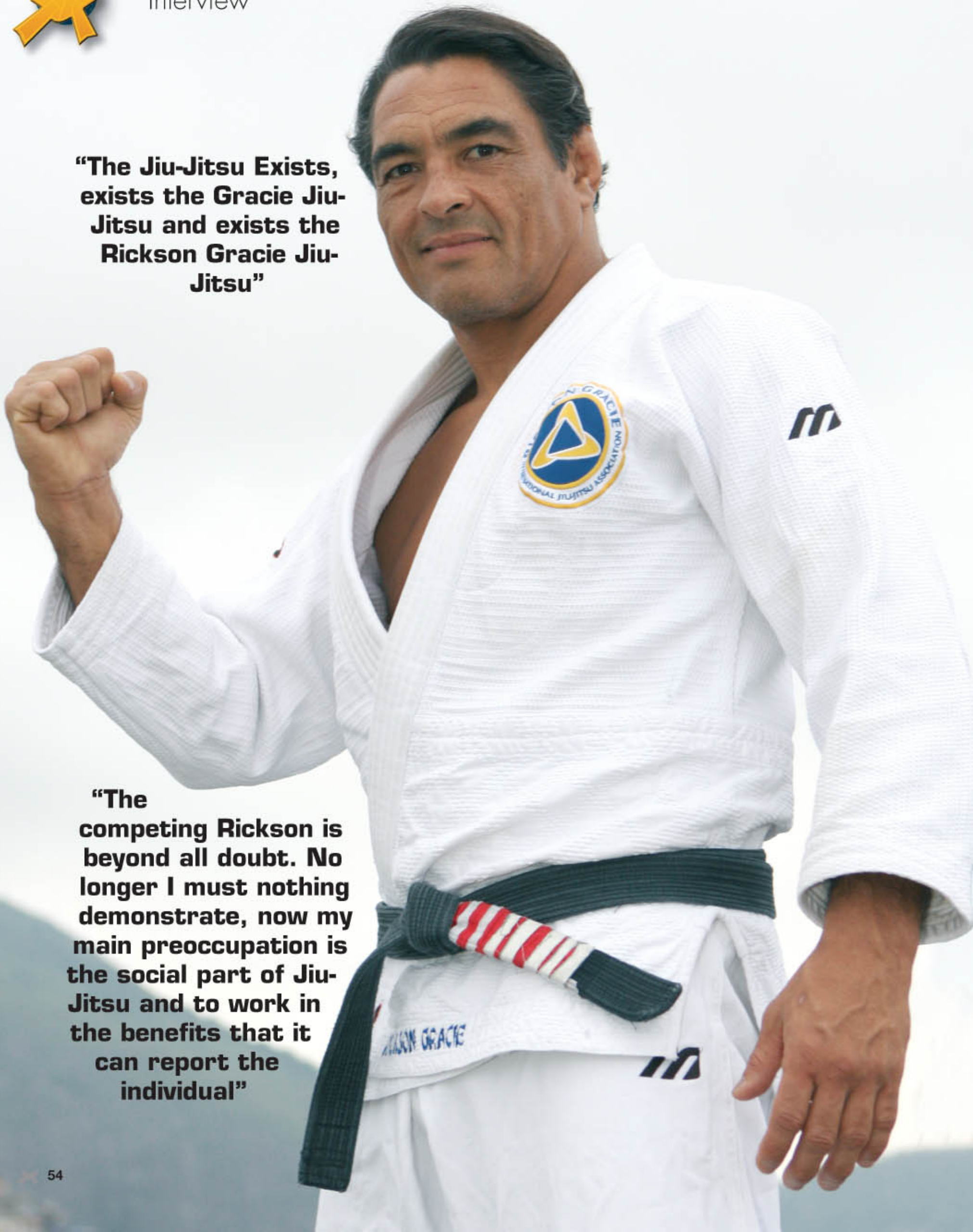
Top: Nakayama in a technical picture with Hirokazu Kanazawa.

Below: Salvador Herráiz pays his respects to Masatoshi Nakayama's tomb in the winter of 2007.



**“The Jiu-Jitsu Exists,
exists the Gracie Jiu-
Jitsu and exists the
Rickson Gracie Jiu-
Jitsu”**

**“The
competing Rickson is
beyond all doubt. No
longer I must nothing
demonstrate, now my
main preoccupation is
the social part of Jiu-
Jitsu and to work in
the benefits that it
can report the
individual”**





Rickson Gracie

"I do not see the possibility of returning to fight"

Considered the greatest idol of the history of Jiu-Jitsu and one of the most important precursors of the MMA anywhere in the world, Rickson Gracie, 48 years, he is conscious of its importance in the history of the sport. After diverse attempts to close a contract for a last fight, retirement speech and for the first time initiates a new stage of its life. Dedicated to the diffusion of the Jiu-Jitsu as it forms to elevate the conditions of life of the individual, Rickson

has already initiated a series of seminars by everybody, where it tries to teach the secrets of his "invisible Jiu-Jitsu". In order to speak on this new phase, to remember the best moments of its race and at present for analyzing the greatest names of the MMA, eternal N° 1 of the family received to our correspondent in its floor in Ipanema, Rio de Janeiro. The best moments of this char it of almost three hours were as it follows.

Text & Photos: [Marcelo Alonso](#)

Budo International: What has made you return to live in Brazil after 20 years in California?

Rickson Gracie: The United States is a great country, but really I believe in the energy and felt that she needed to recharge my batteries, to be in the city that have seen me be born, with the nature, friendly, the fruits... Fodder that my decision has had to do more with the life style that with professional objectives.

B.I.: You have begun in Rio de Janeiro a series of seminars. How goes the route?

R.G.: My fundamental intention with this route of seminars, begun year the past and that will follow east year 2009, is exactly the diffusion than I believe that it is the structure of the Jiu-Jitsu, which often bad interpret myself for being very effective and finish transforming myself into a vehicle that does not transmit the connotations that I believe that they are the necessary ones stops to formation of the individual. That is, through the diffusion of the benefits of the Jiu-Jitsu of one more a more complex form, any person, of a doctor to a boy, or an individual that is a little timid, can remove much benefit from this Jiu-Jitsu that I create to be fundamental part of our education. A conception different from the one to train for competition, different from the one to use those fabulous techniques for the UFC, or the MMA, or any type of activity that sometimes limits a little to us more.

B.I.: It is that now your "mission"?

R.G.: The formation through martial art completes the individual, since it learns to have patience, to have better strategy. This extends much my mission like professor, to try to rescue all those values and power of

presenting/displaying them of one more a condensate form. It is important that the professors of Jiu-Jitsu enjoy those benefits and can transmit the students who are different to isolate themselves in a competition equipment. I create to be in a position that forces to serve to me, yet my potential, to all a family of the Jiu-Jitsu, without reservations of flag. For that reason I have done a seminary abierto, animating to the professors to come and believe that to everybody it has liked much.

B.I.: The seminary in River was a great success, with the attendance of 150 enrolled athletes and 30 who for want of site did not manage nor to enter...

R.G.: It is certain, lamentably we did not have space for more than 150. My intention is to go to all the capitals of Brazil and thus, more people are going to be able to participate. Me she made very happy be able to transmit a information with which all have gained much in their own knowledge. This for my represents a rescue of the philosophies, the techniques and the behavior of the fighter of Jiu-Jitsu. The fighter of Jiu-Jitsu cannot be described as a machine as fight, we must use the philosophy of the martial art to do soldiers to us of La Paz, where brings back to consciousness works not only to fight, but also to have the capacity to pardon.

B.I.: In your seminars you were accustomed to in the end, to train with the participants. You continue it doing now?

R.G.: No, I do not try to train in all the seminars because no longer I am concentrating myself for the competitions. The competing Rickson is beyond all doubt. No longer I must nothing demonstrate, now my main preoccupation

is the social part of the Jiu-Jitsu and to work in the benefits that it can report each individual. During the seminars, my objective was not to try to find the potential in each student, but to transmit the details to them that did not know envelope to invisibility of the Jiu-Jitsu. All the participants, from white black belt, learned details that I am safe will be very important in the future of its training.

B.I.: How you define that invisible Jiu-Jitsu?

R.G.: It is what you do not see but you feel. You feel it you apply because it and the thing works, of to another you apply it form and the thing does not work. Its invisibility is in detail of positioning, distribution of the weight and in angles that you do not perceive in a film or a photography... You must do it, feel it and appreciate it.

B.I.: Formerly the concept existed of which the "jump of the cat" was in the Gracie family... Within your new philosophy, you are going to transmit that "jump of the cat" to which it trains Jiu-Jitsu?

R.G.: For hablarte frankly, the Jiu-Jitsu exists, exists the Gracie Jiu-Jitsu and exists the Rickson Gracie Jiu-Jitsu. I, although recognize that my father invented the concepts, have passed all my life supported in those concepts and am developing new formulas, because the Jiu-Jitsu evolves and I continued working like in a laboratory, without inventing nothing, but using the concepts and developing the techniques. For that reason my Jiu-Jitsu has "a something" special that who they train with me only perceives it. I want to add this service to one more a more complex community, because fodder that



don't mention it serves that it takes that Jiu-Jitsu to me to the tomb and don't mention it serves to feel superior to me and to prevail to me of the mission to transmit the Jiu-Jitsu those who is wanted to approach.

B.I.: The seminars are only going to be in Brazil or you also think to carry out them in Japan and the United States?

R.G.: If, without a doubt, but the intensity whereupon fodder to do them are much more great here, at least a seminary to the year in all the capitals. I want to create a greater interchange and than the community of the Jiu-Jitsu it is seen on the inside like a whole, nonseparated by flags. I see that my position is unique, because truly to unite the Jiu-Jitsu as a great family is a difficult mission, but I feel that can and if gets to happen, certainly the Jiu-Jitsu will leave winning. In the Judo, for example, all the selections train in the Kodokan and I fodder that is an advantage for the Judo, although at the time of "the truth" everybody fight against everybody. But there is something there, not only the technical interchange, but also the mutual respect, everybody reunited there with the same conviction. The best one does not exist and worse, greater or the smaller one, people must deal itself with respect. A unique representing athlete of an academy, must be dealt with the same respect that those of an academy that enters with 100 athletes. The sport demand that to the athlete him of its value, that all the podios are extended, that the Jiu-Jitsu serves the community as a homogenous form. I believe that from the chabolista to the elite, whatever it is in contact with the enemy with the Jiu-Jitsu can improve like person, really gain more car confidence, individual force and to be one better person. My mission is to make greater to the Jiu-Jitsu in all the senses.

B.I.: So that this mission can be complete, it seems important to you that there are more competitions?

R.G.: I believe that the competition is an important factor, but is not the number of competitions which will mark the difference, which will mark the difference is to make competitions of high level, adding more value the sport, that is to say, I see that little investment in the events exists, people makes to capitalize itself to themselves. The athletes pay and receive the tenth part than they have paid: a t-shirt, a bad action of the judges... Therefore, it is not the number of events and if the quality of the same, where the participant copper and feels more realised to compete.

B.I.: Making a comparison with the time in which you competed, in which aspect has evolved plus the Jiu-Jitsu?

R.G.: In the strategy, since the athlete often assures the position a little before the end, to score, without worrying to finalize, but being sure that strategy will be the

winner of the combat using that gives the victory him in the competition, but he does not show his superiority like fighter.

B.I.: Kron always has fought since you have taught to him, has fought to finalize. You think that in the last World-wide it has lost by his lack of strategy?

R.G.: Kron entered that fight without touching ground, being based on which their friendly said to him and in the confidence that it had in itself, based in a unreality. It was lost and it begun to think that the fight would be as it wanted that outside, it was surprised and soon it began to run after the points and frequently more got off center. It lost as if it did not have experience. I do not want to reduce merit to him to Sergio (Moraes), who made a great fight and a great championship, was completely concentrate, preparation and at no moment it underestimated to his rivals. I believe that it had sufficient merits, but in the case of Kron, I assure to you that it will make better fights, not only against other opponents, but also against Sergio, when again they face.

B.I.: In the end of the absolute one, Xande defeated to Roger using the perfect strategy?

R.G.: Both are great fighters, but Roger underestimated the speed and was taken by surprise, but that does not mean that he is worse fighter, committed an error and Xande removed benefit from it. If the fight

had lasted 10 or 15 minutes more, not what there would be past, but in the fight with it limits of time you cannot commit errors and it committed them to Roger. In spite of everything, it does not mean that he is worse or better fighter. B.I.: What has seemed you that the World-wide one of Jiu-Jitsu took place in California? R.G.: We need to do a work basic to maintain the supremacy in Brazil, to always maintain the country exporting talents and maintaining a breeding ground endless of talents. But for it the essence has to be revivida, because in the outside we learn to make force and we did not develop to technique of the invisible Jiu-Jitsu, in this way, the tendency is that strongest they win and they end our supremacy.

B.I.: In the penultimate edition of the magazine Black Belt we published a work on the growth of the MMA in "favelas" of River... What has seemed to you?

R.G.: He is very impressive to see as the Jiu-Jitsu and the MMA are becoming so popular in the communities needed Brazil. I have been having for very happy the knowledge that the Jiu-Jitsu disclosed by my family, aid to so many people to that they have a better life, far from drugs. By this I have abierto ten places in my seminary so that devoid people of money could participate to pay. There were medical instructors of favelas Rocinha,

"No longer it is style against style, they are new fighters, cross training and different movements. I am impressed with the evolutionary process of the MMA and fodder that we are in assault echelon of a evolution"



Rickson Gracie

Cantagalo and many others of Rio de Janeiro. It made the power happy do it.

B.I.: What you in the last think of the growth of the MMA years?

R.G.: It was unforeseeable when we began with the UFC and later with the Pride, that the MMA could arrive at this level and now it is going to grow still more. The MMA is growing anywhere in the world and is wonderful to see it, since we were pioneering in the sport, but now has taken a different dimension. No longer it is style against style, are new fighters, cross training and different movements. I am impressed with the evolutionary process of the MMA and fodder that we are in assault echelon of a evolution.

B.I.: As you see the monopoly of the UFC nowadays?

R.G.: I see that in certain form he is prejudicial for the growth of the sport, because it controls to the champions and the situation, does not let grow to the others, only grows he. It goes where it

wants, puts to fight to who wants and that drift in a certain limitation... The moment has arrived, and it is already happening, of which other promoters make a competition that can generate that next jump exactly.

B.I.: What needs to Brazil to make great events?

R.G.: It does not need talents, because we have talents here, which square. it is the lack of sense for the businesses, organization and investment. Here, our middle-class is so small in relation to the population, that is going to be very difficult that a popular event becomes of MMA, that is sufficient money. The money of the MMA in the United States arrives from the "pay-Rep-view" and not of the sale of entrances, but the "pay-Rep-view" is very weak here. With a basic program and spreading of the benefits of the martial arts, with the increase of the understanding than it is the martial art, we can make the sport popular, do of him something where the sponsors

"If you want to win money you have to go to the MMA and this it is an option for all the Martial Arts"





invest more money. The sponsors invest to money in soccer and practically nothing in the Basketball or other sports... Why in the MMA it was going to be different? A structural composition of the "business" does not exist that facilitates the MMA. Here, we practically provided experience to the fighters so that a day they can outside be great, where the money already exists.

B.I.: From the end of the Pride, the Dream and the Sengoku have become the greatest events of MMA in Japan. What you think of the market of Japan?

R.G.: I believe that the Japanese scene does not happen through its better moment, but clearly it is recovering and it can return to be like in the old woman times. The Dream is doing a work formidable. Not much on other events, but lately I have seen the events of the Dream and am impressed with the technical level and the excellent promotions of the event.

B.I.: You have planes to make your last fight of MMA?

R.G.: No longer I see possibilities of returning to fight. I feel that every day that happens is the last one to compete again and I feel well for that reason. Only one very important professional proposal would make me return to rings and fight once again. I have already fulfilled my mission in rings and now more I am dedicated to the evolution of the Jiu-Jitsu and to work for the best thing of the sport than as much we loved and that has been made effective still more in terms of combat, not only in the effectiveness of the art, but also in the philosophical aspect.

B.I.: How you see the emigration of all the champions of the Jiu-Jitsu, like Roger Xande, Jacaré, Marcelinho, Demian, André Galvão and Drysdale, to the MMA?

R.G.: I see that all are great and talented athletes and the MMA is a possibility of great professional recognition, therefore, if you want to make money you have to go to the MMA and this is an option for all the martial arts. You see fighters of Boxing, Judo, Kickboxing and Jiu-Jitsu who go away to the MMA looking for of one better option to maintain their families... It is a natural route for any good athlete. B.I.: Who you see like the next fighter who will represent the Jiu-Jitsu in the MMA? **R.G.:** Sight, not it concerning the heavy weights, because it is more difficult... My son comes very well, he is training very hard and I believe in him - as always I have done - and she thinks to go to the MMA. I am certainly will represent the Jiu-Jitsu the one hundred percent. Probably it will make debut within two years and until then I believe that one will stay thus in 80kg and, possibly fights in the half heavy weights. As principle nonfodder too much in categories of weight, clear that I cannot think about putting it against an uncle of 120kg, but

one is training to diminish the difference of weight and that does not worry to him.

B.I.: In 1995 you thought that with only the Jiu-Jitsu it was sufficient to win in the MMA. Still you think thus?

R.G.: Still I believe that the Jiu-Jitsu is sufficient to overcome a combat, but the MMA is very changed: the rules, the time. That brings more aggressiveness and a different dynamism in the fight, for that reason many athletes began to improve their techniques to manage to gain more points in the interchange of blows. Fodder that process is good for cross training, but does not have to do with the Jiu-Jitsu in itself. Perhaps the Jiu-Jitsu still is an art that by itself is very effective and very powerful in terms of self-defense, but in those rules of the MMA of nowadays, cross training is the best option for the fighters.

B.I.: Anderson Whistles has said that nowadays, with only the Jiu-Jitsu it does not gain in the MMA, having also said that to it was Gracie has finished. What you think of that affirmation?

R.G.: I believe that the Jiu-Jitsu is sufficient to gain a MMA fight. Possibly somebody will represent the Jiu-Jitsu as it is deserved, I today do not see a representative of the Jiu-Jitsu the level of my expectations. My expectations are very high and I admire all competitor who represents the Jiu-Jitsu, but is nobody represents the one there that I believe that it is the best strategy to win in the MMA. I hope that with time there is a good representative to demonstrate that the pure Jiu-Jitsu can win in a MMA fight. There is people who are not created it, she will see but it in the future.

B.I.: Brock Lesnar, Rodrigo Minotauro, Randy Couture ou Frank Mir: Who will be the next champion of the heavy ones of the UFC?

R.G.: My votes continue being for Minotauro, not only because it represents the Jiu-Jitsu, but because also I believe that he is most complete between those fighters. I consider an athlete him with talent, very hard. If it is well, fodder that will win.

B.I.: What the secret to win to him to Fedor? To whom you would choose to do it?

R.G.: Believe that there is no secret, the form to defeat to Fedor is leaving does not beat you strong, not to have left yourself in the firing line, to work its errors and to finalize as rapidly as possible. But it is difficult to do that and it is difficult to say that can do it... I have seen the fight between him and Arona and fodder that Arona won to him to Fedor and I believe that it will be able to do it again. I do not see Fedor like a very special fighter, he is very calm, it has a good head prepared for the fights. It is only special because he is calm and it has heavy hands, but I believe that if somebody works on its errors it can

win to him and desire to see Arona again beating to him.

B.I.: And speaking of it, to whom at the moment you consider the best fighter "pound-for-pound" of the MMA?

R.G.: I must say that by the consistency of his victories, Anderson It whistles has done a great work, its talent is more in the part of the interchange of blows that in the ground techniques, but I must admit that it has much talent, it is precise and admire its talent in octagon.

B.I.: How it has been your participation in the Hulk film? You think to participate in other films?

R.G.: My participation in Hulk enchanted to me, because in that proposal to defend the effectiveness and to take to the martial art towards the automatic control and the philosophy is very appropriate. I taught to Hulk to tranquilize itself, to maintain the cold blood under pressure and that is satisfactory in the amplest sense. Fodder to continue with that facet of the entertainment; I am now in a great project with Jose Padilha, who is a great director, and we go to see in what it finishes. I believe that in the future the next heroes they will be fighters of Jiu-Jitsu.

B.I.: How it is that project with Padilha?

R.G.: It is a project in that we go to teach the life in the MMA in its entrails, the things that happen and that people think that they do not happen, and we go to see the reality that exists in the MMA, portrayed with the same realism that in the films Troops of Elite and City of God, because the writer is the same. The film is a foreign production, but with Brazilian direction and script. The script is already being written that we hoped is ready shortly. Its production must of being this year and to the opening in 2010.

B.I.: You would work like actor?

R.G.: No, for that production I am what Captain Nascimento was for the Troops of Elite. I am the one who gives the instructionses of the coordinates. I am helping Braulio to write and indicating realities in the fictitious world.

B.I.: If you had to locate in sequence of main importance to the Gracies of history, quines would be?

R.G.: Carlos Gracie, because the Jiu-Jitsu learned, Gracie Helium, because the Gracie Jiu-Jitsu created, Carlson, because it was the one who represented the Jiu-Jitsu in the slope of my father, Reyson Gracie, because it made it popular in Rio de Janeiro, demonstrating that the Jiu-Jitsu works in the street just like works in the academy. I believe that he was whom he implanted in the streets in the corners of Copacabana, the honor of being a rescuer of the mother country. I respect much to him. Rolls, that behaved like a soldier all a life in the Jiu-Jitsu; Rorion, that implanted

the Jiu-Jitsu in the United States and created the UFC; Royce, that showed the world the gracia of the Jiu-Jitsu; I, that I represented all my life the Jiu-Jitsu and I took to Japan...

B.I.: What has been the best moment of your race?

R.G.: Is very difficult to remember of good moment of my race, because all the fights have been important for my and of the same form that I began the first fight, with humility, fear and respect, has been as I began and I finished my last fight. In relation to the major or minor popularity, that never rose to me at the top, always I have been sufficiently humble so that those things did not change my perspective. I tend to think that the best moment of my race is today. I watch backwards and I see many more successes than defeats, in all the fields, my race transcends tatami. Also I believe that the best moment of my race still is about to arrive, because my missions are more and more great, they move away although me of tatamis and they put in condition for teaching to me, for my is so rewarding to teach somebody as to win a combat. I do not imagine my life with bumps, I try to maintain my life as well as possible and thanks to God profit to stay thus until today.

B.I.: Who has been your better trainer in Jiu-Jitsu?

R.G.: The one of the best trainer also is difficult to say, from the eight years has not had to which it worked to me, reason why always has made my training to have more difficulties; it tied an arm to me, or it said to him to the companion which was going to do and thus controlled the situation. That is to say, I have always been my trainer, my head demanded always me to continue growing. If it had looked for somebody to work hard with me, it would have stopped to me for 30 years. My evolution comes from search constant and perhaps good training of my life has be last that I did with Kron in Japan..., since I have seen that the child is not nothing bad, nonSir... (laughter)

"I do not see Fedor like a very special fighter, would want to see Arona again beating him"

"It makes me very happy the knowledge that Jiu-Jitsu, disclosed by my family, is helping so many people to have a better life, far from drugs"



U.S. military academies open to young Europeans for the first time

As our director explains in the editorial of this month, the exclusion of young people of the compulsory military training in Europe has curtailed the possibility of a unique experience for the formation of the character of our youth.

Military life combined with the possibility to improve skills in English, are two of the advantages offered by this pioneering project in this sector.

The European youth has a unique opportunity with this program, because for the first time they can have access to the experience of enjoying a summer or part of it, living as a cadet in a real American military academy, under the auspices of the Army Cadet Corps, the most prestigious organization of military training of the army in the world.

The Army Cadet Corps is run by military on active duty in the reserve and retired military, and it is the association which trains the cadets of the U.S. military.

Therefore, the Army itself provides all the necessary facilities.

For parents, the certainty of knowing that their child will learn discipline in the best and healthiest educational framework is an unexpected gift, especially nowadays, when education is not spreading values and customs of this kind. For the boys or girls attending this program, the resulting experience will be an unforgettable experience in the life of any youngster, and certainly an extraordinary point in his personal curriculum.

Never before in history has an American military academy been opened this way. All this is thanks to Colonel Santiago Sanchís and the unconditional support of our director to a training and educational program of high quality and unique guarantee.

- "If I had a son I would be willing to give him this opportunity. Not only he would learn healthy habits, practice sport, train martial arts, climb, etc... he would also improve his English! And all this in the most prestigious military academy in the

world!" - said our director Alfredo Tucci when asked about the project.

- "Young people are either too attached to the foot of mom, or worse, stuck to other matters which only stimulate negative routines. Only when you are under circumstances to learn to be responsible is when you manage to develop that virtue, and the Army Cadet Corps ensures that this will happen. It is an institution with great experience and category and with fantastic facilities"-

- "In the past it was said that the military gave you your son back as a man. Today that is no longer possible, but this program for young Europeans is the opportunity to offer them the opportunity to become people with values, have fun as ever and become stronger. Who can give more?"- added Tucci, who incidentally has been linked to this organization for some years.

- "The military has many detractors, but nobody can deny that the military life is a part of the best educational experience for the character



U.S. Army Cadet Corps







of a youngster, especially when most of young people have never been able to put themselves in situations where they can grow as individuals without family support, to dismiss all those negative routines they get hooked on so easily", said Colonel Sanchís.

- "Everything is very accessible, everything is too easy, but it's generally bad for them that is so accessible. In life it takes a long time to understand that you need to get things for yourself, respect of others, showing that you are able to strive, sacrifice and be part of a group. Discipline has never hurt anyone but the lack of it has" -concluded the Colonel.

To understand something else about that experience we report a summary of the camp which was held last year.

A military summer in the U.S.

During the summer some military academies in the United States organize special summer courses. For three weeks in the military facility Fort A.P. Hill in Virginia, under the excellent organization

of the Army Cadet Corps, over two hundred young people between the ages of 12 to 19 have come from different states of America to practice all kinds of sports, studying military history and tactics, walking, climbing, shooting, diving, practicing self defense, using helicopters and aircrafts and many more new and exciting activities for young people of both sexes.

Military instruction was conducted by the Drill Instructors, the same instructors who train the adults and with all guarantees of security and harmony.

Self defense is always taught by Colonel Santiago Sanchís, National Director and creator of TACMAP system, exclusive of the U.S. Army, where JKKD techniques are explained and practiced with authenticity and effectiveness, always assisted by his black belts Major Gorman and Captain Campbell.

The camp was led by the Commandant General Charles R. Tornow, a great soldier and a true leader who has done an extraordinary work for over twenty years of hard work, thanks to his strength and his team of military experts, with these amazing results. Many of his cadets are in

the most important places in the army of the United States of America.

The latest innovation is that after the acquisition of a new academy in the state of Kentucky, they have decided to hold special camps for small groups of young Europeans of both sexes, from 14 to 18 years old, with enough knowledge in English and satisfying certain requirements of discipline, who wish to learn and have new experiences. It is essential that they don't have dependent habits, since the work and the effort require all the power and concentration in order to experience all the courses of the program. The courses are two or three weeks long, and if you are interested you should send a CV with your personal information and a cover letter to Colonel Santiago Sanchís, Aptdo. 1767 Valencia 46080 SPAIN, or by email at: Jukaikido@gmail.com





U.S. Army Cadet Corps





Ohtsuka Hironori

Don Warrener is one of but the outstanding experts in traditional Arts of the USA. Its long trajectory like writer, publisher and producer of DVDs is well well-known at world-wide level and their articles have been present with certain assiduity in this magazine. By all this and from this number, Don Warrener will have a column determines every month, in will approach which us some of but the important Teachers of Martial Arts. Biographical anecdotes, history and data, often taken from first hand, will help to illustrate to a new generation of students of the disciplinary Arts, their rich one passed through his but important personalities; men who marked with their lessons, but mainly with its own life, a way, an example than means the route of the soldier. We could not better have found for it cicerone in this trip in the space safe time and estamo that all this will be of your greater affability.

Hironori Otsuka (1892-1982) created the Wado-ryu style of karate. He was the first Grand Master and founder of Wado-ryu karate.

Otsuka Sensei was born on 1 June 1892 in Shimodate City, Ibaraki, Japan. He began training in the martial art of jujutsu under the tutelage of his great-uncle, Chojiro Ebashi. Otsuka's father took over his martial arts education in 1897, and he began studying Shindo Yoshin-ryu jujutsu. At age 13, Otsuka became the student of Shinzaburo Nakayama in Shindō Yūshin-ryū.

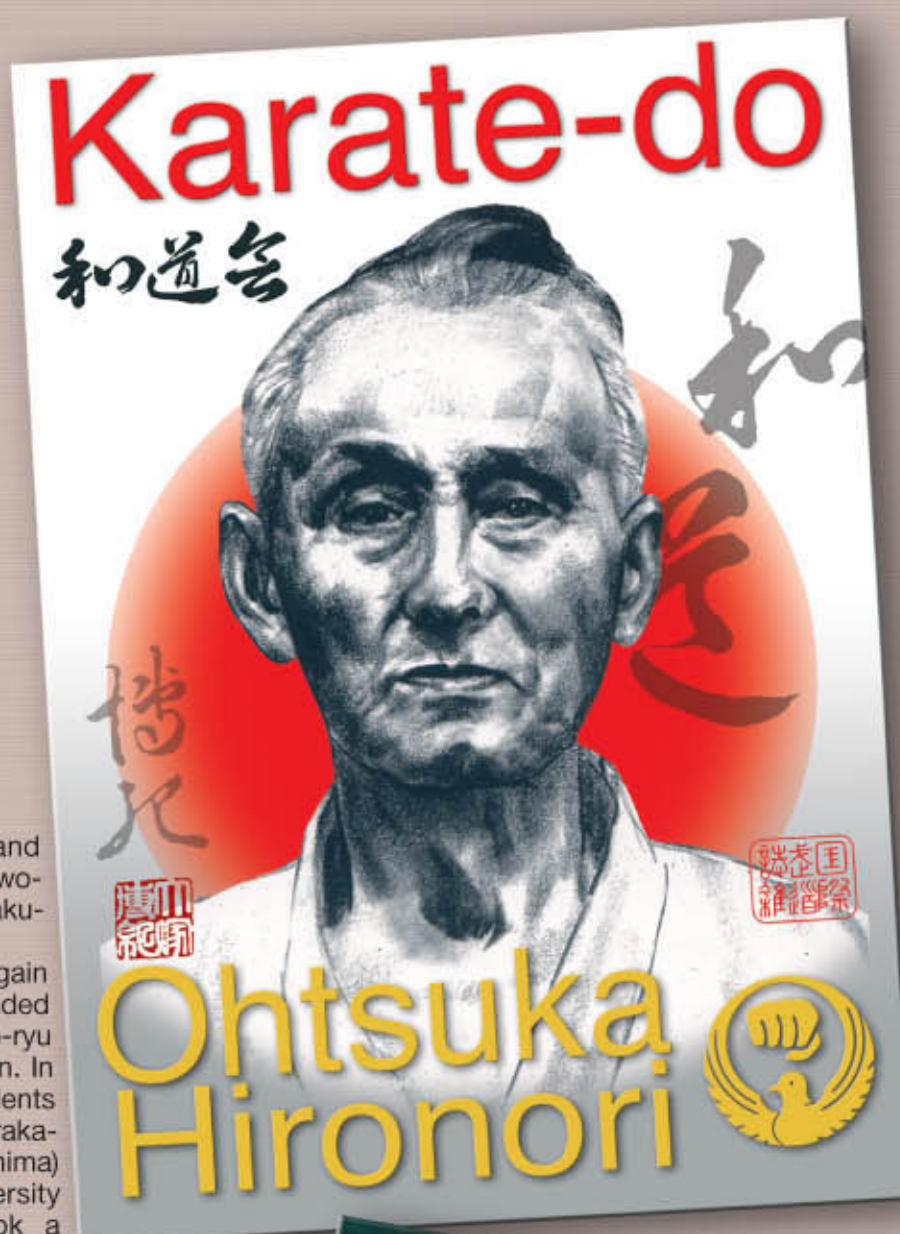
In 1922, Otsuka began karate training under Gichin Funakoshi. At this time, Otsuka held the license menkyo kaiden in Shindō Yūshin-ryū Ju Jitsu. He also established a medical practice and specialized in treating martial arts training injuries. From 1922-1929, Otsuka became an assistant instructor in Funakoshi's school, and also became a registered member of the Japan Martial Arts Federation. Otsuka began to have philosophical disagreements with Funakoshi. This may have come, in part, from his decision to train with Choki Motobu an Okinawan who was known as a tough guy. Motobu had one street fight where he took on a Russian sailor who challenged anyone and Motobu took him up on it and beat the heck out of him to the Japanese onlookers delight. Funakoshi's karate emphasized kata, a series of movements and techniques linked by the fighting principles. Funakoshi did not believe that sparring was necessary for realistic training. Motobu, however, emphasized the necessity

of free application, and created a series of two-person kumite called yakusoku kumite.

Otsuka continued to gain recognition as he expanded the teaching of Wado-ryu karate throughout Japan. In 1964, three of his students (Tatsuo Suzuki, Toru Arakawa, and Hajime Takashima) from the Nihon University Karate Club undertook a two-month tour of Europe and the USA. They performed 49 demonstrations in this period and, as a result, Suzuki was invited back to London as a resident instructor.

Other notable students of the Founder were America's Patterson and Canada's Masaru Shintani.

In 1972, Otsuka received the title of Meijin and the rank of 10th dan by the Japanese royal family's Higashi No Kuni no Miya, President of the Kokusai Budo Renmei (International Martial Arts Federation). It was the first such honor ever bestowed upon a karate teacher in Japan. Remember karate did not come to Japan till the mid 1920's it was an Okinawan art. Otsuka continued to teach and lead Wado-ryu karate into the 1980s, and died on 29 January 1982. His son became the second Grand Master of Wado-ryu karate and honored his father by taking the name "Hironori Otsuka II."



Recently Budo International has published the book of the Master Otsuka in two editions: Numbered edition (only 50 units with hard covers and cover) and rustic edition. A DVD with historical images of the Teacher also has been put in the market.

Don Warrener
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THE ARMY CADET MARTIAL ARTS PROGRAM TACMAP JUKAIKIDO



AT THE NATIONAL CADET TRAINING CENTER

Grand Master Colonel Santiago Sanchis
10th Dan, Jukaikido



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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