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Weng Chung Kung Fu is well-known as the fore father of Wing Chun and Hung Gar. Weng Chung is the internal Art of southern Shaolin and teaches to fight through concepts. The heart of the style are the 18 Kiu Sao strategies. In Weng Chun Kung Fu the bridge (Kiu) means that the Weng Chun fighter always adopts a position with respect to the attacker, or uses timing in such a way that he can achieve the greatest possible effects on the attacker by applying relatively little force, so that he is able to control him effortlessly. Grand Master Andreas Hoffman shows all 18 concepts in detail with examples. This can help you to feel the power of the internal Art and to improve your striking, throwing, kicking and grappling skills.



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EDITORIAL

MUCH MORE THAN TECHNIQUES!

"We must find the proper balance in movement rather than in stillness"
BRUCE LEE.

Many people think that Martial Arts are just techniques of defense and attack. Most of them think that, since during their life there won't be many occasions when they will have to use them, and considering all the time you must devote to such a complex learning, it is not worth even trying. They would somehow be right, if that were the case. But the thing is that Martial Arts are much more than self-defense systems. They are a path of initiation and self-awareness, which begins, as all things must start, from the most elemental part: our body... our basic instincts.

Whatever your beliefs, the truth is that everyone, absolutely everyone, is "body". Without it you couldn't be seeing or reading this text. That body, which is you, is nevertheless a great unknown, and I am not speaking just structurally, about organs or systems, I speak functionally. The body does, feels and forces in directions that the reason can't understand and that often doesn't want to listen.

The Disciplinary Arts will bring you closer to your body and will give you the opportunity to live with intensity and resources which were unknown so far. Controlling its movements, owning its feelings, opening to its language, is undoubtedly a form of knowledge.

This is because when learning Martial Arts, Body, Emotion and Mind are forced to have an amazing kind of encounter.

In the West we spend our lives connected with the idea that we "are", above all, our heads. We live from them, postponing or cancelling any other feeling or identity, a position that contradicts our biological and emotional reality.

Such dissociation generates a lot of pain, depression, anxiety..., physical, emotional and mental problems. We live like monotonous animals repeating our customs, embedded in our routines.

When entering the "dojo", literally: "The place of awakening", we break those routines. By properly dressing for the training, we tell all our being that it is time to stop the mental chatter. By assuming different rules of behavior, we take distance from our usual ego, from our social role, giving us the opportunity to live our life from a more authentic, simpler, but more real angle.

The emotions act as a bridge and a link between Mind and Body, but our way of life is far from these two points, so we live in a functional schizophrenia, in a state of no real own identity.

Martial Arts reopen this linking bridge by putting you face to face with the only thing we have... The here and now. They do this by connecting you with your most instinctive and powerful emotions: fear, pain, anxiety, aggressiveness, your territorial sense. The martial training allows you to live them, know them, and eventually dominate them rather than allowing them to get you...

Martial Arts are much more than self-defense, they are a path of life, an occasion for self-encounter and physical, emotional and mental health, in order to be in tune with ourselves and with the environment. The reductionism in this rich learning has to do, of course, with the demands of marketing. However, in the martial sector, it produces an effect that distinguishes it from other types of lessons offered in the market of physical activities or sports. For its own idiosyncrasy, martial teaching leads its practitioners to a new system of perception. The practitioner literally "changes", becomes more calm and self-confident, he feels stronger and self-assured; all this gives him a more relaxed and positive attitude, which is perceived very quickly and increases over the years of practice.

The rules governing the Dojo become increasingly important when individuals must face complicated situations in life, whatever they are, since

they are transformed into real and practical references of discipline, self-control and inner strength to cope with difficulties. This change in the individual can be easily perceived by his immediate environment and I think in the end, this is the best advertisement for a good teacher or a system.

In addition, Martial Arts, compared with other physical activities, have a truly remarkable and distinguishing feature: their work on aggressiveness. Our society and way of life essentially alter the natural routines which formed us as a species over millions of years of selection. That is, we are doing that for which we were not made, inevitably forcing our biology. Sedentary lifestyle, lack of opportunities to face the dangers and realities of nature, dissociation of natural circadian cycles, corseted rules of behavior in territorial, sexual and food fields, etc ..., the whole is a time bomb that is continuously exploding in the form of imbalances and physical and mental illnesses. Aggressiveness, as one of the original natural systems of activation, is often delayed, ignored or even demonized by the environment and our uses of it. Non channelled aggressiveness causes tensions which lay in the neck, the back and other parts of the body. Gradually, this creates adaptations that become structural imbalances, which in turn cause increased anxiety, encystment of emotions inside (depression) and participate in numerous clinical settings, syndromes and a wide range of pathologies.

The motto of the sport, "mens sana in corpore sano", is overcome by martial teaching, for which emotion, body and mind are just one thing. We are one! When confronted with the intense and threatening immediacy of martial arts practice, you can't stop to think; the here and now are imposed because otherwise you get a smack and that helps a lot to the Zen attitude thing... , that is why it has always been said that martial arts are "moving Zen".



All this process, far from being the result of a magic spell or some esoteric action, is something physical and it changes the body and the character of students and practitioners.

The action of the body releases toxin deposits of all types, accumulated over a long time, but likewise, it literally cleans the emotions associated with those clusters, in a kind of genuine reconstruction of the body, through the modulation of its functions. The signals and their transmission change the information that goes out and reaches the brain, and this transforms its responses, releasing new substances that impact immediately and positively on the practitioner's character.

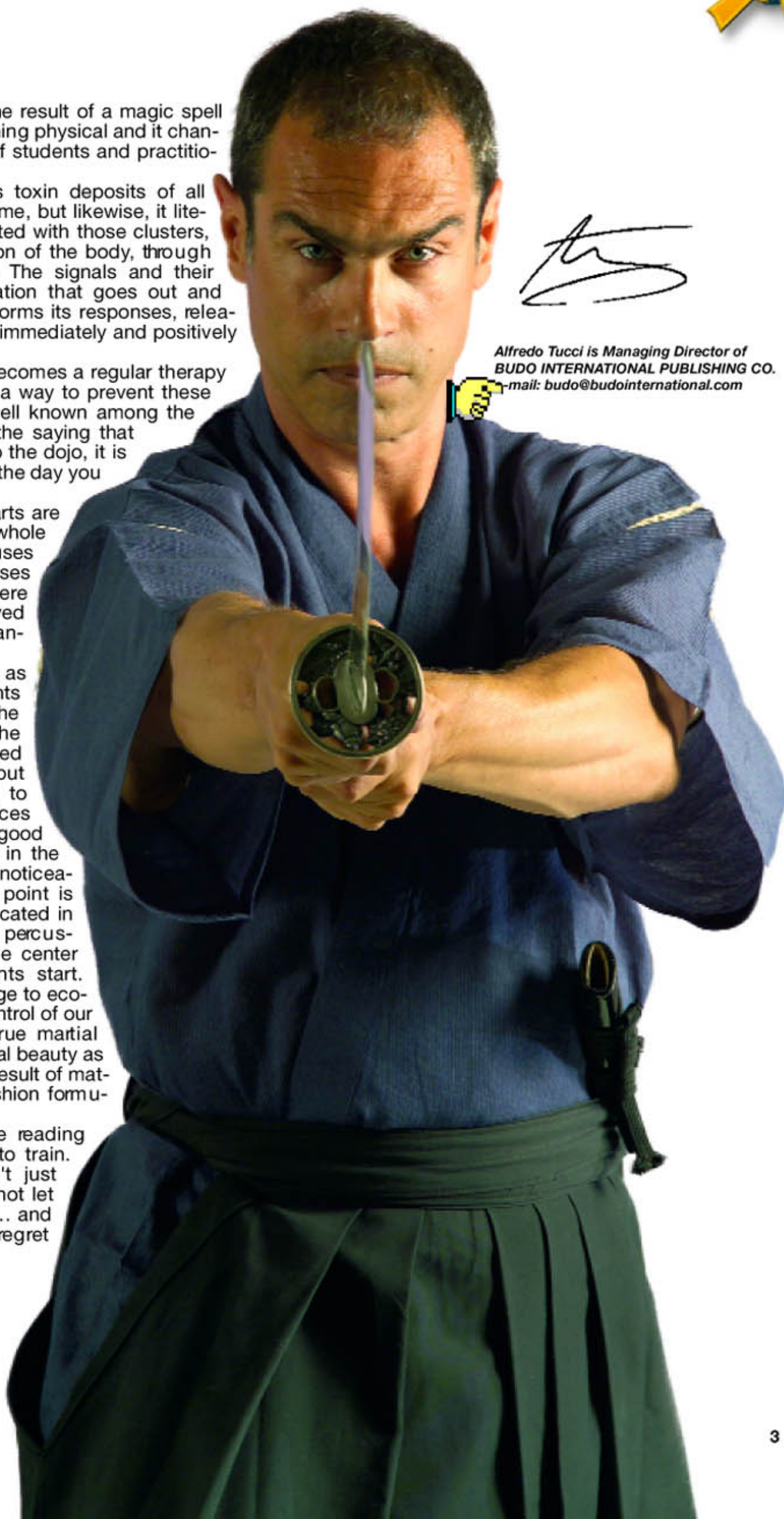
The regular practice in the dojo becomes a regular therapy to clean accumulations, but also a way to prevent these from occurring. Therefore, it is well known among the most experienced practitioners, the saying that the day it is more difficult to go to the dojo, it is just the day you most need it and the day you get the biggest satisfaction.

As physical activity, disciplinary arts are also a work that involves the whole body, and beyond occasional abuses that we all know, fanatical excesses in practice, we can argue that there is no body part which is not involved in its performance in a fairly balanced way.

The use of the center of the body as a starting point of our movements undoubtedly helps to transform the consciousness of the individual. The rookies can be quickly recognized by their lack of coordination, but even for those who are used to sophisticated physical practices such as dance and who have a good number of mirror cells activated in the brain, the rookie effect is easily noticeable, since in most activities this point is not trained. The hara, tandem, located in the lower abdomen, is the point of percussion of the whole being, it is the center from which all martial movements start. Moving from this center is a change to economy, power, serenity and self-control of our being in anything we do. The true martial artist achieves elegance and formal beauty as a result of this work and not as a result of matching transitional aesthetic or fashion formulas.

But dear reader, all this you are reading won't be useful if you don't go to train. The really important things can't just be learned in first person. Do not let anyone to tell you... go to a dojo... and feel it for yourself! You will not regret it...

Alfredo Tucci is Managing Director of
BUDO INTERNATIONAL PUBLISHING CO.
E-mail: budo@budointernational.com



MULTIPLE ATTACKERS



p. 58

How to act in a situation of multiple attackers? This is without doubt one of the most important questions when formulating a system of self defense. Sergeant Jim Wagner, an internationally recognized expert in real combat situations, faces up to this issue and he suggests, besides, some specific tactics.

HALL OF FAME



p. 26

It has been described by many attendees as "the best Hall of Fame in the world", and it brought together Masters and students of Martial Arts in the annual festival organized by the International School of Martial Arts.

JIU-JITSU



p. 22

We interview in Brazil the "New Ambassador of Jiu-Jitsu in MMA"

KARATE



p. 50

Salvador Herraiz offers the largest global study on the levels of the different federations and associations of Okinawan and Japanese Karate, an interesting work conducted in Tokyo and Okinawa

Zusammenfassung Sommaire Sumario

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FU-SHIH KENPO



p. 14

Master Raul Gutierrez still thinks it is very important and necessary from time to time to review the program, techniques, principles and basics, and that the martial artist should update and change himself...



KRAV MAGA



p. 06

Even if Krav Maga means what it means, there is a unique style, Imi Lichtenfeld's, the style which is behind all this boom, the core from which everything arose it must have something great, don't you think?

Summary Sumario Sommario

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



Great Masters

"Original" comes from "origin"; it is therefore correct, beyond all controversy that there might be, identifying with this name the work performed and taught by Yaron Lichtenstein.

Yaron, despite living in Rio de Janeiro, has been travelling around the world for years, teaching the same style he attended in its first steps with his Master Imi.

This is history, and so far there is no possible controversy. Of course Yaron grew up in Israel. There he lived those critical years in whose core emerged the big boom of Krav Maga.

Things have changed a lot since then. "Krav Maga" (Krav = fight, Maga = contact) has been associated ever since with many formulas. Imi's original work has been a source of inspiration for many. Others, less scrupulous, have appropriated, or have tried to do it, the name; it's the same if tomorrow a guy wanted to claim the exclusive right to use the name "Karate" as a trademark!

People who know about the subject have been very combative in this sense, many of them regular contributors to this magazine.

Even if Krav Maga means what it means, there is a particular style, Imi Lichte's, the style that is behind all this boom, the core from which everything arose, and it must have something very good, mustn't it?

In any case, students, curious or amateurs have more proved information in our magazine ... as usual, there is a lot on the Internet... but hardly proved...

To throw light on this issue, today we bring you this man, a great teacher, an amazing character, and certainly a



ORIGINAL KRAV MAGA Yaron Lichtenstein



genuine and true pillar of Krav Maga.

Yaron is also a charming, nice and witty man, always ready to live and share, a Master from whom you can learn and with whom you can live positively.

He is also the author of "The Bible of Krav Maga", a very interesting, huge and complete book, published in Brazil and available in English and Portuguese. Anyone who is involved in this matter should have it; if you want it you must contact the author, this is his email address:

<aron@kravmagaexams.pro.br>

In this article we also present his first DVD with Budo International, where he teaches and shows what he learned from his Master Imi Lichtenfeld, what ultimately led to a revolutionary movement that has reached into every corner of the world.

An artless art, fully focused on self defense, the strengthening of its practitioners, its practical application in a country where knowing to defend oneself is a part of the basics for those who live there, out of necessity.

Alfredo Tucci

Biography:

Yaron Lichtenstein is 59, he has participated in several wars; as a prove, he has nine scars on his body, due to the impact of nine bullets; he has been a war prisoner in Egypt, he has the highest decorations of the State of Israel and has dedicated his life to Krav Maga and the army, having trained more than 5,000 fighters and thousands of soldiers.

He retired to live in Brazil 6 years ago, where he teaches Krav Maga, his life. He has taught nowadays great masters, such as Eli Ben Ami, Richard Douieb, Eyal Yanilov, etc ...

Everyone knows the story of Imi Lichtenfeld, the creator of Krav Maga, but very few know the story of his Martial Art. To understand this style, besides the history, culture and mentality of the Israeli people, we must know the version of different masters. Anyone who thinks that his master has the only truth and that others are bad is lying himself, that is why Budo International will continue to work to bring you the best of this style that is gaining attention today.

Text: Sensei Rotem Lichtenstein, Black Belt 4th Dan Krav-Maga
Photos: © Alfredo Tucci www.budointernational.com

קרב מגע





Krav Maga



1 2



Israel of 1967 was not the same country it is today. There were very little private sport academies, and the few that existed were small and discreet, far from the high-tech well marketed gyms of our days. The term martial art was not even a part of the Hebrew language, and the few who heard something about martial arts simply called it "Judo".

Therefore, I honestly cannot say what attracted me to the little and modest Dojo at 26th Trumpeldor St., in the city of Tel-Aviv. In fact, I am not even sure how I heard about Imi's academy at the first place, although in a retrospective of over forty years, I am convinced I was drawn there by some super natural force. True, I was looking for a place to train, and I have tried taking lessons of Karate and Judo, but somehow I knew it was not for me. And then one day I came across Imi's Dojo. Initially I hesitated before entering the place; after all, I was still very young - only fourteen years old, and relatively shy. Inside, I saw an older man standing on the Tatami, wearing a JudoGi and using a Black Belt. Already in the first moment his eye captured my presence and he signaled me to go in, and so I did, and from that moment forwards, in a summery day of August 21st 1967, my life changed forever.

The man who stood on the Tatami was Imi Lichtenfield, founder and creator of the Krav-Maga - the Israeli martial art for self-defense. He was the kind of a teacher which invests himself completely in each student separately, and he would stand on the Tatami and correct every one of us until we would all do the techniques and exercises exactly the way he wanted. He never agreed to compromise not even on the smallest movement, always explaining that if our movements will not be perfect, we will not

"It is not easy to learn Imi's way and therefore not many can take upon themselves the total dedication needed for it"

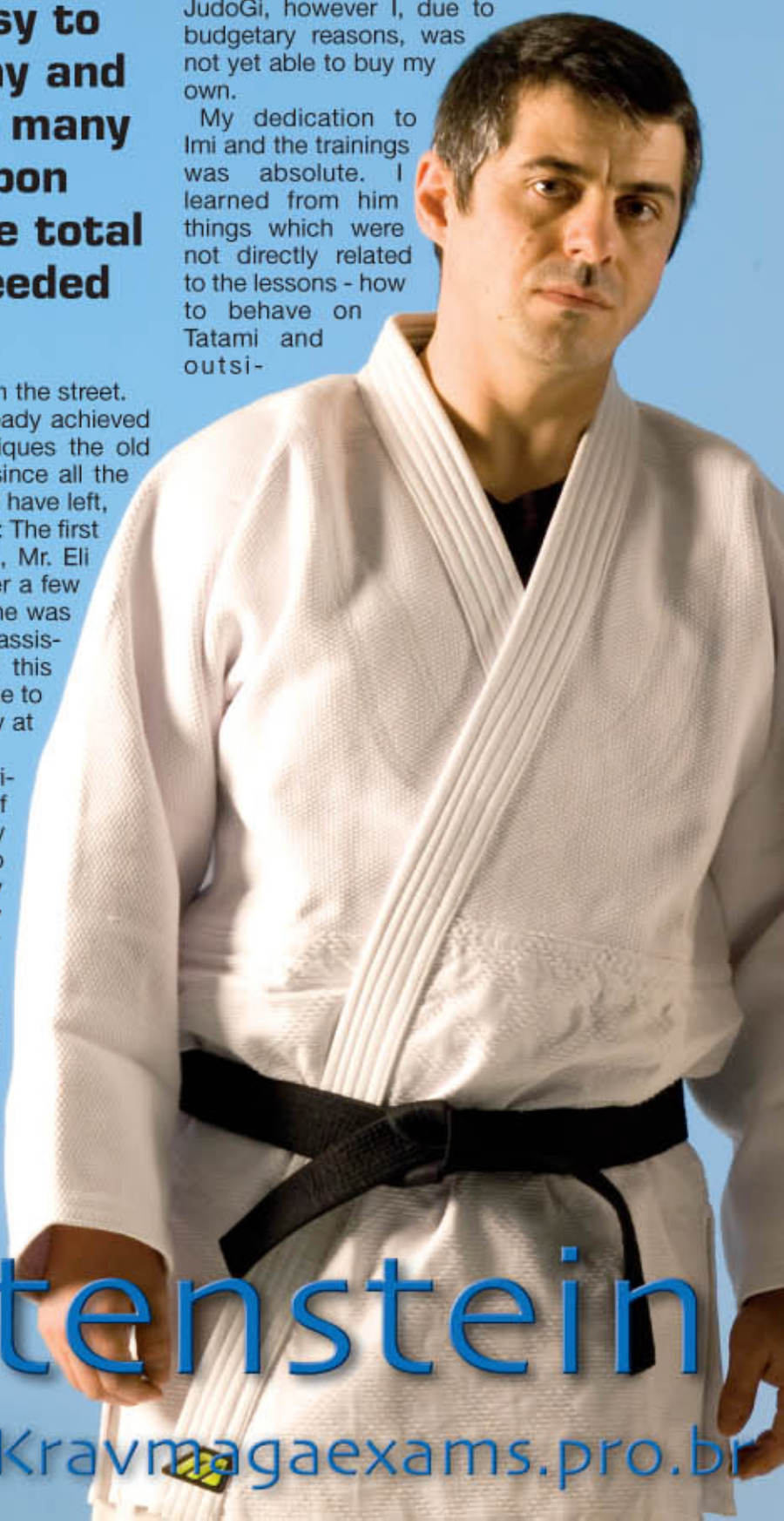
be able to use them later on in the street.

After a year or so I had already achieved good control over the techniques the old teacher had taught us, and since all the students who started the year have left, there were now only two of us: The first one was Imi's senior student, Mr. Eli Avikzar, who died from Cancer a few years ago, and the second one was me. This way I became Imi's assistant in the trainings, since at this time Eli Avikzar could not come to all the lessons in the academy at Tel-Aviv.

At that time new students arrived to the Dojo, and some of them continued for many years. Imi already had two academies - the one in the city of Natanya he opened a few months before the Tel-Aviv Academy. About a year after I began my education with Imi, he invited me to join also his academy in Natanya, and informed me he will not charge me anymore the monthly fees and even gave me my first Gi - in the trainings everybody used the white

JudoGi, however I, due to budgetary reasons, was not yet able to buy my own.

My dedication to Imi and the trainings was absolute. I learned from him things which were not directly related to the lessons - how to behave on Tatami and outsi-



Yaron Lichtenstein

Grand Master Yaron: www.Kravmagaexams.pro.br



de of it. Imi was the center of my life as a teenager, and as I came to realize later on, the situation remained the same also when I became an independent man, and it has not change until today.

One day in August 1970 I arrived to the training half an hour earlier, as I always did, in order to have the honor of cleaning and organizing the Tatami so it would be ready to be used the moment Imi arrives. However, I was very surprised to see my old teacher arriving together with Eli Avikzar and some of his colle-

agues from the Judo Association. Eli himself hinted me to go outside and take a look at the new outdoor board Imi had put in the entrance of the academy, replacing the old one which have been there for ages. I was even more surprised to notice that instead of the words "Self-Defense- Imi" appeared the term "Krav-Maga", together with the place's phone number. I came back inside and asked Imi about the meaning of the new outdoor. "Beginning from today" he explained, "We are not called anymore "Self-Defense", but "Krav-Maga - Martial Art for Self-Defense".

In the end of the training in that same day, Imi awarded us with belts and ranks, for the first time ever in the history of the Krav-Maga, and with the presence of the highest ranked officials from the Israeli Judo Association. In a short speech given by Imi, he explained that until now we had practiced only self-defense, however beginning from this moment he will start teaching us according to a special plan he have been preparing for some time, in order to develop his new martial art.

With the intention of promoting his ideas about the Krav-Maga, he began conducting weekly trainings every Saturday, in the Natan-ya Venue at 22nd Shmuel Hanatziv St. Only ten of us took part in those trainings, and besides this group of ten disciples Imi did not allow anyone else to participate. In the end, we were the only ten students to receive a Black Belt from him (the com-





Yaron

plete list appears in the "Book of Krav-Maga - The Bible", p. 295).

In August 1971 Imi conducted the first ever instructors' course of Krav-Maga, in which of course I took part and graduated with Excellency. Only three days after the course ended, I enlisted to the Israeli Army. In Israel, every man or woman who reaches the age of eighteen must serve three years in the Army. In a conversation I had with Imi during the course, I mentioned the fact I will be joining the army soon. His only comment was - "And what are you planning to do in the armed forces?" My answer was short, "I want to be a warrior!" It took him a few moments to respond, and then he smiled to me and said: "Very good!". My intention was to join one of the IDF top elite units at that time, "unit 424 - Sayeret shaked". And indeed after several days of intense and exhaustive physical exams, I was accepted to the secret unit.

In the Jewish holyday of Yom-Kipur of 1973, commenced the bloodiest and hardest war ever experienced by Israel. I was stationed at the southern front, defending my country against the invading Egyptian Army. The outpost included a small team of twelve soldiers, and we were able to defend the place during four days, fighting against a superior enemy force composed of about one thousand infantrymen. Knowing we will probably die in anyway only strengthened us and encouraged us to battle and cause the enemy as much loses as possible. After four days all of the soldiers were either wounded or killed, and the Egyptians were able to capture the outpost. I myself was injured by

1. Imi and Yaron, 1969, at Imi's first academy in Sheshet Hayamim St. in the city of Natanya.



2. Hebrew University of Jerusalem, 1975. The first public demonstration of the Krav-Maga, given by Imi.





Lichtenstein



5. My Family, 1977. From the right to the left: My wife, myself, Imi, my grandmother, Eli Avikzar (first student of Imi) and his wife and daughter.

6. Imi and Yaron during his service in the Israeli army, 1971.

7. Yaron and Eli Avikzar, Imi's top two students, 1975.

8. Four of Imi's black belt students: Victor, Shmulik, Imi, Eli and Yaron.



3. Grand Masters small talk. Wingate Institute, Israel.

4. Training conducted by Imi to Bukan's students.



several AK-47 bullets in my head, legs and hands and consequently became a prisoner of war. I spent three months in the Egyptian prison, badly wounded and with no medical care, and very soon the tortures also began. I have no doubt in my heart that without the knowledge I received from Imi and without the Krav-Maga, I would never have survived the terrible months I spent there.

"Cafe Ugati" was a small coffee shop in Natanya, Imi's home city, however for Imi and his students "Cafe Ugati" was the center of the Krav-Maga.

All the important techniques of the Krav-Maga - theoretical and practical as one, were born at that place. Officers from the armed forces always appeared there in order to ask Imi to train their people, and I was also a regular visitor there. One day I was sitting there with Imi and Eli Avikzar, who was telling Imi that he had just set the date for his wedding day. The old teacher was very happy that Eli would finally settle down, and promised Eli that in his wedding day he will receive the total responsibility for the Dojo in Natanya, both professionally and administratively. I have no words to describe Eli's surprise and happiness when we heard the news. But even more amazing were Imi's next words. He looked at me and said, "And when you Yaron will get married, you will receive the Dojo in Tel-Aviv". Eli indeed received the keys for the Natanya Dojo in his wedding day, and I, three years later, received from Imi the keys and the total responsibility for the Tel-Aviv Dojo, also in the day I got married, and started teaching there immediately.

After a few months Imi came to talk with me, and said we must open a school of Krav-Maga. He did not desire to have just another organization or a gym, but a licensed school, something almost impossible to do in Israel. However, the idea led to the closing of the Dojo in Tel-Aviv and its transference to the city of Rehovot - my own hometown. In February 1978 Imi and I inaugurated BUKAN - School of Krav-Maga, and until today it is the only private school for Krav-Maga operating in Israel. Naturally today BUKAN has many branches all over the world.

It is not easy to learn Imi's way and therefore not many can take upon themselves the total dedication needed for it. The leading principle in Imi's Krav-Maga is to prepare the student for every possible situation in the street. Imi had created the Krav-Maga as a martial art with its own set of profound philosophical rules. For example, his law of "That nothing will be strange to us", meaning - learn to be prepare for all, which

"Imi had created the Krav-Maga as a martial art with its own set of profound philosophical rules"



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explains why he included in the Krav-Maga so many kicks and punches. In order to know how to defend ourselves, Imi always said, we must first know how to attack, and according to this philosophy he divided the Krav-Maga to two equal parts - perfect attacks against perfect defenses.

BUKAN had become the leading training center for Imi's Krav-Maga in Israel. I myself worked for many years also as an instructor in the Israeli police, in the anti-terror unit and in other special security services. During all this time Imi maintained a continuous relationship with BUKAN, his "Baby". In 1986 I conducted for the first time exams for black belts for the students of BUKAN, according to the unique examining system Imi had put inside BUKAN's teaching pro-

gram. After the exam my students invited Imi to a dinner in a close by restaurant, and one of them suddenly asked Imi why he would not put on writing the Krav-Maga? Imi looked at the student for a few minutes, then smiled and answered: "Today is Wednesday, until Saturday I will give you an answer". And so he did. The next morning I received a call from Imi asking me to come and meet him. When I arrived he explained to me that we must write everything down,

so the Krav-Maga will have a future. So, for two years, each Saturday, we met in his house and wrote the first book of the Krav-Maga. Imi said I must do the pictures myself, because he was too old and his movements are now too stiff, and this may not appear very good in the book. Many of my students helped in the task, and in April 1988 the first book about Imi's Krav-Maga was published, and the Krav-Maga gained worldwide recognition. The book rapidly became the official self defense manual of the Israeli security forces. Six years later, in 1994, the second book was published, and this time Imi wished to concentrate more on the philosophical part of the Krav-Maga, being that the first book was dedicated entirely to the practical aspects of the Krav-Maga. Short time after the publication of the second book, Imi invited me to his house and with the presence of witnesses awarded me the Ninth Dan Degree and a diploma nominating me as his successor.

Later on Imi gave me another mission - he asked me to translate both books from Hebrew to English, so people outside of Israel would also be able to know

and learn what he had created, to understand his complete and correct way. It was a complicated and difficult task and took more time than I had imagined, but finally, in the end of 2007, "THE BOOK OF KRAV-MAGA - THE BIBLE" was published. The book, through its 500 pages and 1.500 photos, is an accurate translation of the first two books in Hebrew, and it contains Imi's unique and complete way. Also included in the book, for the first time, a special phonetic dictionary which explains the meaning of the names of the techniques in Hebrew, following Imi's request to teach the Krav-Maga only in Hebrew all over the world, the same way, for example, Judo is taught in Japanese.

ORIGINAL KRAV MAGA Yaron Lichtenstein



“He was the kind of a teacher which invests himself completely in each student separately, and he would stand on the Tatami and correct every one of us until we would all do the techniques and exercises exactly the way he wanted”



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Fu-Shih Kenpo

虎
心
拳
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Raúl Gutiérrez



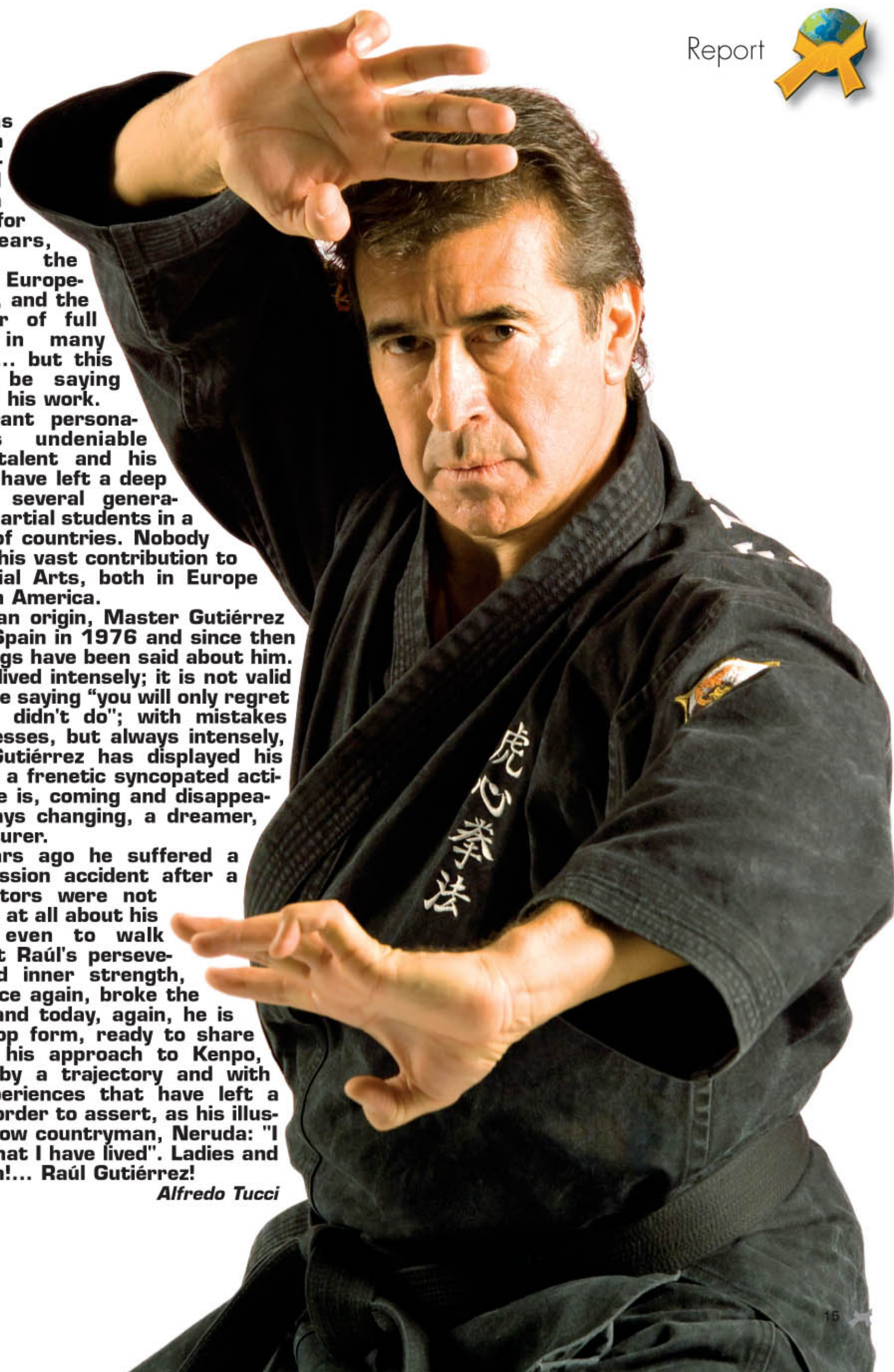
It has been a controversial figure in the field for many years, probably the father of European Kenpo, and the introducer of full contact in many countries... but this wouldn't be saying enough of his work.

His vibrant personality, his undeniable physical talent and his charisma have left a deep mark on several generations of martial students in a long list of countries. Nobody can deny his vast contribution to the Martial Arts, both in Europe and South America.

Of Chilean origin, Master Gutiérrez came to Spain in 1976 and since then many things have been said about him. Raúl has lived intensely; it is not valid for him the saying "you will only regret what you didn't do"; with mistakes and successes, but always intensely, Master Gutiérrez has displayed his talents in a frenetic syncopated activity, as he is, coming and disappearing, always changing, a dreamer, an adventurer.

Two years ago he suffered a decompression accident after a dive. Doctors were not optimistic at all about his chances even to walk again, but Raúl's perseverance and inner strength, tested once again, broke the barriers and today, again, he is here in top form, ready to share with you his approach to Kenpo, enriched by a trajectory and with some experiences that have left a trace, in order to assert, as his illustrious fellow countryman, Neruda: "I confess that I have lived". Ladies and gentlemen!... Raúl Gutiérrez!

Alfredo Tucci





Fu-Shih Kenpo

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How and why was Fu-Shih Kenpo born?

Raúl Gutiérrez's decisive step towards Martial Arts began in 1967, when he joined "ED PARKER'S KENPO KARATE STUDIOS", at its headquarters in Santiago de Chile, under the leadership of late Professor ARTURO PETIT ALMONTE, Parker's representative for South America. Gutiérrez remained there until August 1976, when he moved to Spain.

His eagerness of research and his ever growing enthusiasm led him to share and train with people from Judo, Karate, Kenpo, Kung-Fu, Tae-Kwon-Do, Fa-Rang-Do, Lima-Lama, Full-Contact, Kick -Boxing, Ming-Ch'uan, Kobudo, Koshiki Karate-Do, Chun Kuk Do, Police Self Defense Police, etc ... During his 42 years of commitment and dedication to the martial arts world, Gutiérrez has been taught by different instructors, teachers, specialists and masters of the various styles he has touched on his long walk on this and other continents. At the end of August 1976, Raúl Gutiérrez landed at Barajas airport in Madrid, full of illusions and with the belief that here he could meet other Masters or experts in Kenpo; but not only "there were not" in Spain or in the rest Europe, but also the style turned out to be completely unknown, and it was even believed that was Kenpo was a blend of Karate and Full-Contact. That is why Gutiérrez was required by some martial artists in the country to teach them a new martial version, Kenpo-Karate. Thus began his journey teaching in various gyms, doing exhibitions in Spain, France, Portugal, Morocco, Germany, Italy, England, Ireland, Netherlands, Norway, etc ... meanwhile he tried desperately to make his style recognized and authorized by the official agencies of Spain.

Raúl Gutiérrez continued to open doors and spread his Kenpo wherever he went.

"Fu-Shih Kenpo technically consists of linear and circular movements in various directions, to obtain a high mastery and skill in all physical angles, spreading "Intermittent Energy" in flashing, fluid and continuous movements"

In 1978 he arrived at Buenos Aires, Argentina, where he introduced Full-contact, authorized by DOMINIQUE VALERA, and as it can be expected, he made exhibitions of Kenpo and full-contact in Argentina and in his own native country, CHILE. From this trip a new opportunity emerged for him. He was offered to represent the "United States Karate Association", USKA, in Spain. Gutiérrez accepted the appointment by the late Grand Master of Kenpo and Karate ROBERT A. TRIAS, founder and President of the "United States Karate Association", USKA. And so began a new era for him. From here he carried out an enormous

amount of activities of development and spreading, until 1982, where he invited Grand Master Robert Trias and Yozan Dirk Mosig to Spain for the first time. Then the first 3 simultaneous events of SUSKA in Spain took place, "1st International Course of Karate and Kobudo", "1st National and International Course of POLICE SELF DEFENSE" and "1st Spain Open Championship of SUSKA Martial Arts". This is therefore the definitive starter for RAÚL GUTIÉRREZ in the Spanish and world martial field, which will go down in history.

Raúl Gutiérrez made contact with several European, American and Eastern Masters and experts, believing that his teachings could be valuable, since he supposed them to be the fruit of his extensive research and long experience. Gutiérrez still thinks that it is very important and necessary from time to time to review the program, techniques, principles and basics, and that the martial artist should update and renew himself... as everything in life! Life, like the Earth itself, is in constant change and movement.

In 1982 and after some changes that Raúl Gutiérrez made as a result of disagreements he had both with Ed Parker and with Arthur Petit, as well as with the board members of the Spanish Federation of Karate (of the time), he decided to rethink and recast his KENPO EDUCATION SYSTEM, by establishing a program that was focused on 3 directions, but keeping the tradition, philosophy, history, principles and basics of KENPO.

This decision was applauded and subsequently approved by Robert Trias, Jon Fanning, and by the oldest and highest grades of students of Gutiérrez. It was Trias who introduced Gutiérrez to the Grandmaster THOMAS BARRO MITOSE, who after observing Raúl Gutiérrez's career and performances in the different Karate World Championships held in the United States in 1981/82 and 1983, decided to recognize and award Gutiérrez as No. 1 WORLD MASTER OF KOSHORYU KENPO, and separately Founder

Raúl Gutiérrez





Fu-Shih Kenpo

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Master of FU-SHIH KENPO.

Since then, Raúl Gutiérrez's growth was supported by the various achievements in different fields of Martial Arts; 10 World Champion titles in different categories, 14 times International and World Hall of Fame, twice United States Champion, edition of 9 books, 17 videos, TV, movies (he has participated in 12 productions with brief roles, he also plays as an extra, Action Specialist and / or Master of Weapons); as well as numerous articles in many countries worldwide. All this speaks for itself on the quality of this Master.

How is Fu-Shih Kenpo system organized?

Raúl Gutiérrez made a technical purification of all his knowledge reached so far.

He merged and replaced those things that in his opinion had to be eliminated, innovating others through new methods, all of which he estimated as correct and suitable to his purposes and were applied to a single principle. The program meets all the requirements necessary to obtain and include the physical, mental and spiritual terms that any Martial Artist should develop.

Today, the Program has completely separated the Traditional Forms of Koshoryu Kenpo from the Mitose family, their history, philosophy and lineage of Koshoryu Kenpo Masters. Secondly, it develops a complete method of Self Defense with empty hands or with weapons, techniques that give rise to Forms of Self Defense (Katas), exclusive of the system.

Also the personalized handling of Weapons (9), 6 of which are traditional (Bo, Sai, Kama, Nunchaku, Tonfa and Yawara) and 3 are modern (Knife, Street Cane, and short stick, Kali or Arnis style). And the third aspect of Fu-Shih Kenpo is the specific training programs for amateur

"In Fu-Shih Kenpo we always advance in the building of a defensive technique for developing a natural, decisive and coordinated counter-attack"

sports events and / or Professional Semi or Full-Contact.

Fu-Shih Kenpo Theory, principles, techniques and philosophy

FU-SHIH: Chinese / Japanese terminology describing the most innovative, adaptable, functional and effective education system today and that is within the Triangle, three specific points that trace the path toward self-training and harmony of the individual with his environment. FU = Tiger (Japanese= man; Chinese = force, ax) and SHIH = Spirit or Energy (Master, School, Teaching, Instructor).

KENPO: Japanese Terminology describing the most ancient Eastern fighting style, descending from the Koshoryu Monks Clan to Grand Master MITOSE, Ken = Fist, Po = First Law, that is, First Law of the Fist. Although "Po" also means: Closed, that is = Closed Fist.

In conclusion, Fu-Shih Kenpo is simply called "Tiger Schools".

Fu-Shih Kenpo technically consists of linear and circular movements in various directions, to obtain a high mastery and skill in all physical angles, spreading "Intermittent Energy" in flashing, fluid and continuous movements. For this objective, Fu-Shih appeals to all senses and physical and mental resources.

In Fu-Shih Kenpo we always advance in the building of a defensive technique for developing a natural, decisive and coordinated counter-attack. Total concentration is needed, with piercing eyes and deep breathing. We must be prepared to be able to respond effectively to any offensive action, but that does not mean we have authority to cause serious injury or even kill an adversary.

How is it possible to build an effective and energetic counterattack, without causing serious injury to an opponent?

Fu-Shih Kenpo primarily analyzes the "OCTANGLE", 8 angles of Evasion and Escape, from which a disciple of the system can safely avoid any possible attack, without making contact with his opponent. These are the main techniques of "Non Violence", which then and according to the dangerousness of the opponent, have some applications to reduce, control and even perform the most effective counter-offensive maneuvers.

It is also vital in Fu-Shih Kenpo the knowledge and mastery of the vital points and nerve centers of the human body. For this it is also necessary to harden the palms of the hand, through eastern classical and modern methods, which allow to develop strength, toughness and resistance across the palm and the fingers. Without this quality the use of the techniques applied in pressure, caught or percussion would be disastrous.

Principles of technical applications in Fu-Shih Kenpo

- o Knowledge and mastery of the 8 angles of movement (Evasion and Escape), or reaction in advancing directions.

- o Control of the distance and angle of confrontation.

- o Natural defensive guards.

Raúl Gutiérrez





Fu-Shin Kenpo

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Raúl Gutiérrez



- o Environmental analysis and use of natural elements thereof.

- o Deterrence and persuasion tactics.

- o Voice command.

- o Defensive reactions of "No Physical Contact", the so called "NO VIOLENCE" techniques.

- o Defensive reactions with controlled contact.

- o Defense with middle contact to specific areas of reduction and control.

- o Defense against attacks with different degrees of "pain".

Sometimes in the contact techniques, when blocking, the leg (right or left) should be moved forward to block the opponent's front leg. In this way we can block his line of attack. Next, we must strike hard and vigorously to the attacking limb (arm or leg) of the enemy, to stop him due to pain or momentary numbness caused by the impact. In other occasions we hit directly to the knee, hip or attacking limb (arm / leg). Once the defensive line has been broken and the attacker's arm (or leg) has also been disabled, you can reach the body and hit it safely, as much as you want and where you want. According to the technique and degree of danger of the opponent, sometimes we don't even defend the attack itself, but rather we enter hitting in an angle opposite to the attack.

We must be careful, because if the enemy's arm hasn't been disabled, then you have to stop his attack, preferably with a low kick to the shin or the knee, thereby preventing the opponent from following the lines of retreat and attacking from another angle.

Dodging, checking and hitting to the body or the face, stopping a counter-attack

There are three basic types of blows in this system: WHIP, PENETRATION and DEPTH.

WHIP BLOW: this is a standard blow practiced in almost all styles of Martial Arts. The blow can be compared to a whipping with a towel, a snake's tongue, a quick movement from the outside in, a front hammer upside down or a hand to hand (ura zuki, ura ken, kin geri, etc.).

There is no intention of penetration or force in this blow. Its goal is speed, (spontaneous and instinctive), and it is used primarily against surface points on the bone, nose, eyes, lips, collarbone, genitals, groin, meniscus, armpits, solar plexus, floating ribs, neck, and certain vital points. It is mainly used to divert the opponent's vision and thus avoid a counter attack, or as an advance technique. The degree of discharge will vary depending on the capacity of the practitioner in terms of speed and focus point. It is intended to distract, to cancel but keeping him in place, not moving it.

PENETRATION BLOW: this blow is a single explosive movement outward where

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we perform a penetration estimated at 7.5 cm. The completion of this movement is relatively easy, requiring a degree of precision.

The main points are: the temples, jaw, sides of neck, heart, sternum, pancreas, etc., anywhere in the body that requires a degree of penetration in the blow. There is therefore an increased discharge (Tiger) at the time of impact.

DEPTH BLOW: this blow is common to all kinds of hard martial arts, the blow requires about 15 cm. of penetration, this blow is to achieve deeper points in the body, or when the adversary is against the wall or any other structure.

The depth blow is normally the end of a combination. Being this blow the most powerful, it shouldn't be used until the opponent has been substantially reduced or hurt. If used too soon, as an initial technique in a combination, it prevents the opponent from continuing, and then it is necessary to begin the attack again. It usually moves the opponent.

Direct response to an ongoing attack. Reflex reaction in the defensive / offensive action.

Progressive Advance- Progressive Counter

The advance is used constructively for the following purposes:

- o To add momentum to an arm or leg attack.

- o To block an offensive line.

- o To break internally and externally in an offensively or defensively line.

- o To cut or avoid an aggressive movement.

- o To reset, re-align an offensive combination or a defensive counter attack.

- o To blind the adversary in a chained reaction of offensive or defensive movements, which attack at different angles and applied to different areas of the body. So it is almost impossible to stop the avalanche of blows.

Retreat Line

To retire successfully it is necessary to hit the opponent's front leg or the lower parts of the body. The use of tearing or griping nerves, tendons or pressure points, is a common technique of Fu-Shih Kenpo, because they cause so much pain that they stop any future aggression from the enemy. Logically, the hands and specially the fingers should be thoroughly trained to mark, penetrate and grab.

The claw is a weapon of short and long trajectory in Fu-Shih Kenpo. The degree of pain and hurt when being gripped by the claw, is severe and sometimes it has fatal consequences. This technique is preferred by many practitioners of martial arts, because it is as fast as a punch and it gives you more control over the adversary in a situation of attack or defense.

Basis for a constructive defense

1) Stopping or blocking the offensive line, preferably in the outer circle (not needed so much speed and it is safer).

2) Isolating or destroying the offensive leg or arm, while blocking or paralyzing any possible aggression.

3) Counter attacking the body or the head, depending on the body position and the possibility of reaching the target.

- To cancel the hand to hand (approaching) the penetration and / or depth of a possible second blow of the opponent.

- To cancel the continuity of the enemy, establishing an offensive-defensive simultaneous reaction.

- To anticipate the enemy's subsequent offensive techniques.

- To trigger or activate our own internal energy, using a penetrating look and a strong and focused mindset.

Usually in Fu-Shih Kenpo and especially when our enemy is dangerous, there is no possibility to go back, always forward. The retreat allows the enemy to dominate and control our reactions, giving him time to build his maneuvers.





Jiu Jitsu & MMA DEMILIAN MAIA



The New Ambassador of Jiu-Jitsu in MMA

Since he saw Jean Claude Van Damme facing different opponents in a tournament without rules among different martial styles in the film *The Great White Dragon*, the boy got into his head the idea that he wanted to be a champion of a tournament like that and he never relinquished his dream. He was the son of a separated couple, his father was a musician and his mother was a businesswoman in the fashion industry; Demian was not afraid of life, even if on one side he lacked the money, on the other he didn't lack obstinacy. With lots of sweat, perseverance and humility, this boy from Sao Paulo who speaks softly and shyly managed to realize one by one all his dreams. Dividing his days between the Journalism School and Fabio Gurgel's academy, Demian trained Jiu-

Jitsu three times a day, winning the major competitions from white to black belt, to finally achieve the so desired invitation to fight in the biggest event of MMA in the world, the UFC. He has got five fights and five endings, four of which have given him 180 thousand U.S. dollars for prizes to the best ending of the evening; Demian is getting closer to achieving his dream, just instead of Van Damme's Kickboxing he is using Brazilian Jiu-Jitsu, with an amazing authority, getting the title of "Ambassador of Jiu-Jitsu in MMA".



BI: Few Jiu Jitsu representatives have represented the Art with such an authority. What do you think it is the reason?

Demian: I think the only difference is that I believe Jiu-Jitsu can be used in all aspects of MMA, because it has been created for it. Many good fighters in Jiu-Jitsu think there is a big difference, I don't think so. I think almost all the techniques of Jiu-Jitsu can be used in MMA. You just need to train hard and be convinced that it is going to work.

BI: When did you start thinking to fight in MMA?

Demian: When I was a kid I watched a Van Damme movie (*"The Great White Dragon"*), where there was an event among different styles of martial arts. That made me dream that one day I would take part in a competition like that. Few years later, Rorion created UFC and we started having competitions of Vale-Tudo in Sao Paulo. I was present at the fight of Pele vs. Macaco and in the first Vale-Tudo fight of Wanderlei Silva against Dilson. Seeing those events I strengthened my desire of doing the same one day.

BI: But you began training Jiu-Jitsu, didn't you?

Demian: The truth is I started doing Judo at the age of 5, as many children in Sao Paulo. But after watching the film, at the age of 12, I started training Kung Fu and a little of Karate. Only when I was 19 I started Jiu-Jitsu, when most start at 14. The fact of

having started so late led me to train three times more than the others, to be able to be at the same level. Then I started having lessons with Fábio Gurgel and besides training three times a day, I helped him in four classes. This is how I managed to have a black belt in just four years and seven months, which is considered a record by Fábio Gurgel, who takes on average eight to nine years to graduate a student from white to black belt.

BI: You started Kung Fu, what led you to start in Jiu-Jitsu?

Demian: While doing Kung Fu, I often trained with a cousin of mine who was doing Jiu-Jitsu. When I turned 18, one day I knew there would be a Vale-Tudo tournament for amateurs in a store, like in the movie *"Fight Club"*. I asked my master to take me in order to prove myself. I fought against a capoeira fighter. I tried to punch him but he hit me first and I fell down, then, almost instinctively, I decided to take him down. I took him to the ground, I got the mounted and I was punching him until he threw in the towel. Then I thought: it's amazing, I have been training Kung Fu for five years and what has really saved me in this fight has been the Jiu-Jitsu lessons with my cousin. Then I left Kung Fu and started training Jiu-Jitsu. I reached the blue belt with Fábio Araujo, who was Oswaldo Alves's brown belt. I trained with him a year and then I started with Fábio Gurgel, with whom I trained until I reached the black belt.

BI: Who was your idol when you were starting to think of MMA?



Demian: At first I admired Royce and Rickson, but in the first MMA event I attended in Sao Paulo in 1992, Renzo Gracie, Ralph Gracie and Marcelo Behring easily defeated Kung Fu fighters.

BI: How was your childhood?

Demian: I had a nice childhood. My father was a musician. When I was a child my mother and him divorced, and he married another woman, so basically my mother brought me up. As she worked in the trade of quality clothes, she knew influential people and that is why I had the opportunity to study in excellent schools. The good access to culture has been very important to me. Thanks to my good education I could go to university and get a degree in journalism.

BI: What have been the most difficult moments in your career?

Demian: The difficult moments have always been essential for me to train more and better myself. As a purple belt I had Leo Vieira as my flat mate and then Tereré, those were difficult times, we lack of money, we ate bad... When I reached the black belt it was the time when there was a separation in the Alliance; I lost my teacher, the motivation to train and also I hurt my knee. But after the surgery, my luck changed. My dream was to win the ADCC. I trained one month for the Brazilian team and I won the place beating in six extremely hard fights against Margarida, Uirapuru, Sérgio Cohen and I beat Bráulio in the final.

I was very tense at ADCC 2005, but I got the second place. I beat David Avellán, a Finnish, Saulo, but I was beaten by Jacaré in the final. Three months later I

beat him in the final of the World Cup and I got the first place.

BI: How did you meet Wanderlei Silva and Rafael Alejarra?

Demian: André Galvão was invited to train with Wanderlei more or less at the same time I fought my first UFC. Wanderlei, Alejarra and Ulisses were in the same locker room as me and after the fight we became friends. When I was going to the TUF I asked Alejarra to help me and our relationship began. Two weeks before my fight, Wanderlei invited me to stay at his home. The truth is that I had thought to stay with Robert Drysdale, but I accepted Wanderlei's invitation to be closer to Alejarra. So a close friendship began. My combat coincided with the birthday of Wanderlei's son and during the party he left to help me, this was something extraordinary. Today we are a team, we don't have a name yet, but we consider ourselves a team, whenever he needs me I'll be ready to help him and I'm sure he will do the same for me.

BI: Wanderlei and Minotauro are partners... How do you see the possibility that Wanderlei trains with Minotauro, who trains with Anderson?

1. Celebrating Minotauro's victory over Mirko Cro Cop in 2003.
2. The day he was 4.
3. In the UFC, Demian successfully ended all of his 5 opponents.
4. Over Jacaré (2nd), Saul (3rd) and Fábio Negão (4th) on the podium in World Cup 2000.
5. Receiving black belt from master Fabio Gurgel.
6. At the age of 16, training Kung Fu.



Jiu Jitsu & MMA

DEMIAN MAIA



Demian: I see it as an excellent group and I'd love to go to Rio to train with them, even because my coach of Vale-Tudo, Josuel Distak, is training them. But it is a strange situation. Anderson is the champion in my category and could face him. It's a difficult situation, but he says he will retire this year... We'll see, if Anderson retires, maybe I could go to train with them.

BI: You have won five times the prize for the best ending of the UFC, which is nearly 260 thousand U.S. dollars...

Demian: The truth is that I have won four times, but the values change depending on the event. The first one was 45 thousand, the second one 75 thousand, in the third, 60 thousand and 75 thousand U.S. dollars in the fourth, but we have to pay 30% in taxes.

BI: How will you spend the 180 thousand dollars?

Demian: I'm not the type of people spending money easily, my life has always been simple, I do not like wearing gold chains, nor having big cars. The truth is I spend a big part in my training. To give you an idea, until last week I had an old small car I'd bought in 2000 and I changed it for another of 2006, also a small car. All I want is to have my own house near the nature. I have bought a small piece of land in an area half an hour from Sao Paulo and I'm starting to build a house. I am also paying a little flat for my mother.

BI: You've helped Frank Mir's team in the TUF 8 and his opponent was Minotauro's team, who is your friend. How is your relationship now?

Demian: Frank and I have the same agent and they invited me to participate in TUF, which has been a great opportunity for me. I talked to Minotauro about it, I told him we were good friends but that was a very good proposal for me and that I wasn't training Frank Mir to beat him. I trained Frank's team, but that does not mean that I trained them to beat Minotauro, whom I consider a friend. Minotauro was very nice to me and said: "No problem, you're also welcome to my academy and if one day you have to fight against Anderson, it will be something between the two, I won't tell him about your game".

BI: Many teachers are stopping teaching self-defense. What do you think about it?

Demian: I think Jiu-Jitsu is self defense and every master must teach it at least once a week, or as I do, in the warm up before the class. The truth is that it helps a lot for the position of the fighter, to defend oneself in the street and even in your career in MMA. Fábio Gurgel always taught it to us, from the white belt, and that has helped me a lot with some automatic movements. Unfortunately, most of Jiu-Jitsu teachers no longer teach self defense. If you choose 10 black belts from different teams and you ask them to perform basic movement of self defense, I am sure that most of them will not know how to perform them. I think

this should change, the Jiu-Jitsu is primarily self defense, the rest, sports Jiu-Jitsu, evolved from there.

BI: Do you still have Rickson as your idol?

Demian: I admire him greatly. He is the biggest icon in the history of Jiu-Jitsu. I feel a great lack of respect when someone from Jiu-Jitsu speaks ill of him or of any other person who has helped the Jiu-Jitsu to get to that level, as it is the case of Royce. Today we have many good competitors, but I think Rickson is still the person who knows most about Jiu-Jitsu. Many competitors, such as Paulo Filho and André Galvão, who have trained with him, say that even today Rickson is amazing. Fábio Gurgel, who has been my teacher, said that immediately after having won the World Cup in 1996, he trained with Rickson and he had to hit the canvas many times. Rickson gave me his phone number and told me that when I go to Rio, I should go to his house and even if I wouldn't like to disturb him, the truth is that I would love to go there and learn from him.

BI: How would you define Jiu-Jitsu?

Demian: Jiu-Jitsu is the most intelligent martial art of all the Martial Arts existing in the world. You can train hard every day, you can do sparring every day, without hurting yourself. You can beat any opponent without hurting or harming him, so it is the more peaceful martial art. I love Muay Thai and Boxing, but to beat an opponent you have to split it in two. In Jiu-Jitsu, you can end him and give him the option to surrender without being hurt. That is why I love this art so much.

BI: Recently, several big names have come out of Brazil. What would be the solution to stop all those absences?

Demian: The problems starts when someone wants to interfere in another academy. I think the solution is that each one has a separate team, but when there is a big competition, like the World Championship or the Panamerican, we all must be united and represent Brazil. That way we'll have more training and more possibilities to be champions, to have more titles. That would be a good way to stop these separations and protests. For example, I received protests from people in my team when I went to train MMA in Telles' team (Nine Nine), but only those who fight in an event like UFC know what professionalism is. Telles is a great friend of mine and today, MMA training at his academy is one of the best in Sao Paulo. I can't deprive myself of having good training just because someone on my team had any problem with Telles. When I enter the octagon, it is my face which is at stake. My career is and the future of my family are at stake!

BI: In 2006 you were called to debut in Vale-Tudo at that Super Challenge tournament, where there were only big boys...

Demian: I had already made a fight in Venezuela in 2003 and another one in Finland in 2005. In Venezuela, Fábio sent

me to teach lessons to Francis Salvador and there was an invitation to fight in a local event called "Storm in the Ring", against a fighter of my weight, but that opponent disappeared, he fled and instead there was a wrestler of 125kg. I stamp on his feet, I grabbed him by the waist and he fell on all fours. I jumped on his back and he closed, I hit him and in 48 seconds he threw in the towel. The second time, in Finland, I was also teaching seminars and I was called to fight against a Polish of Wrestling. It was hard but I beat him with an arm lock, at the end of the first round. But without a doubt, my real debut was at that Super Challenge tournament organized by my teacher Paulo Vasconcellos. There were just very tough people: Cacareco, Mongo, Chocolate, Baruck, Ximú. I arrived as a loser and I ended up beating Katel, Ximú and Fábio Negão in the final.

BI: In 2007 you won the ADCC. Do you think to defend your title this year?

Demian: Winning the ADCC in 2007 was to realize a dream. I would love to participate in the event this year, but my priority now is the MMA. If I get a victory against Sonnen I will have the opportunity to be called to fight against Anderson for the title. I have to devote myself 100% to this.

BI: How you would face Anderson Silva?

Demian: I consider him the best fighter in the world in any category. He is good in all fields, which makes it difficult to draw any strategy. I prefer to enter the octagon and fight. It is a similar situation when I beat Jacare in the final of the 2005 World Cup. Before the fight I tried to develop a strategy but I failed. If we did a high exchange, he is a great Judo fighter who takes everyone down. If he pulled me toward my guard, he is the best in Jiu-Jitsu passing the guard... Comprido, my teammate, trained with him for a month and he said he was even more dangerous below, making the guard. In that case the best strategy was to believe in myself, come and fight. I pulled him toward my guard, I tried to sweep him and he fell on all his fours, I jumped on his back and I won the fight. In MMA my strategy is always using my Jiu-Jitsu to finish my fights as quickly as possible. I believe in myself and with my Jiu-Jitsu I know it will be difficult for the opponent to beat me, unless it is a knockout.

BI: If you beat Anderson or any other champion of UFC, what will be next?

Demian: I'm always chasing new goals. When I have the belt, I will train even harder to win again and keep my belt. My goal is not only to be champion, but keeping the belt as long as possible. The most important thing for me is that I'm always trying to develop my skills, I never think I know enough. I think we stop developing ourselves when we are satisfied with what we have achieved and I am not close to it at all. When I feel satisfied it will be a sign that the time will have come to stop. I hope this only happens in at least ten years...





KAMPEKUNST
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CINTURON NEGRO
INTERNATIONAL

BUDO
INTERNATIONAL

BUDO
INTERNATIONAL

The International School of Martial Arts
HALL OF FAME 2008
VALENCIA, SPAIN







The International School of Martial Arts HALL OF FAME 2008

One more year, "the best Hall of Fame in the world", as it has been already described by many attendees, brought together Masters and students of Martial Arts in the annual festival organized by the International School of Martial Arts.

Three days of training, celebration, awards and friendship, where each year some of the most outstanding Masters in the international arena meet. This year, new friends who joined this group from different parts of the planet and other regular guests to this fantastic event enjoyed the pleasure of the reunion.

The seminars included lectures by Paolo Cangelosi, David Arama and Sensei Nomura.

The dinner and the awards had outstanding performances such as Shang Cangelosi and his colleague Fabio, led by Sifu Cangelosi.

This event, open to all styles and practitioners, celebrates the union of the Martial Arts in an environment always respectful of the difference, where they are valued not only the formal aspects of the Art but the whole aspects of these ancient practices which transform the human being.

The meeting coincides with the annual congress of the IPSE and the INTERNATIONAL ALLIANCE WORLD POLICEMEN, an organization that brings together policemen and security experts from many countries, in a professional confederation of wide scope.

This year it took place the presentation of the Circle of Knights of the Hall of Fame, threshold for entering into the exclusive Order of the Knights of Martial Arts, an international brotherhood of knights.

The next Hall of Fame this year will take place on 23, 24 and 25 October and as the places are limited, it would be advisable to enrol now. This year, Colonel Sanchis has told us that there will be new surprises. Of these, we can advance the presentation of a curriculum of graduate, postgraduate and Masters in Martial Arts to be granted by the DAYTON COLLEGE OF MARTIAL ARTS, Department of Eastern Studies and the International School of Martial Arts. The requirements to attend these prestigious degrees can be consulted at the site of Colonel Sanchis www.jukakido.es

2008 INTERNATIONAL SCHOOL OF MARTIAL ARTS HALL OF FAME INDUCTEES

HALL OF FAME Board of Directors and Executive Nominations:

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SILVER LIFE ACHIEVEMENT AWARD CARLOS BARRERA VERA

MARTIAL ARTS FAMILY OF THE YEAR THE MITRA FAMILY

MAESTRO INTERNACIONAL DEL AÑO KAZUO NOMURA

WARRIOR OF THE YEAR GRACIANO GALVANI, NOVA SCRIMIA

International Master Instructor of the Year: Master DAVID ARAMA, KAPAP

Outstanding Researcher & Writer in M.A: Master JORDAN AUGUSTO, BUGEI

Outstanding Founder of MA Organization: Master AMERICO DA SILVA, FIBDA/DA

Maestro del Año: MANUEL GARCIA GUTIERREZ

Outstanding Martial Arts Contribution Award

EXEMPLARY DEDICATION TO THE M.A. MEDICINE: RUI RIBEIRO

EXEMPLARY DEDICATION TO KENKIDO: JOSE FELIX

ARTISTA MARCIAL DEL AÑO 2008: ANA SOCORRO

GESTION INT. OFICIAL EN PRO DEL AIKIDO: F.L. ARENILLAS

Outstanding Police & Military Achievement

POLICE INSTRUCTOR OF THE YEAR: CARL EMERY

MILITAR MARCIAL DEL AÑO: ANTONIO ALVAREZ

KAPAP INSTRUCTOR OF THE YEAR: ILAN SHOCHAT

EXPERT IN POLICE TACTICS: ALEXANDER MALET, FELIPE JURADO FRESNADILLO, LUIS GARCIA RIVERA, INSTRUCTOR POLICIAL DEL AÑO, ANDRES J. LOPEZ GIL, JORGE FELIX GARCIA, CARLOS MARTI

POLICE AND MILITARY INSTRUCTOR OF THE YEAR: JOSE LAMEIRO, SVEN PROFFIT.

ESCOLTA OFICIAL DEL AÑO: MANUEL FERRER BARBERAN

BLACK BELT PF THE YEAR: PABLO PENA QUINTANA, DAVID MARTIN, TATSUYOSHI HATORI, CARLOS PASCUAL, JORGE PROVENCIO, JOSE SELVI, ADRIAN PANIAGUA, ISRAEL PANIAGUA

INSTRUCTOR DEL AÑO: JAVIER SANZ, IVAN ORELLANA

SPIRIT AWARD: SHAN CANGELOSI, ANTONIO MONTANA

CONSUL DEL HALL OF FAME: JUAN DIAZ, JOSE LUIS ISIDRO, INDALECIO SOCORRO

MARTIAL DRIVER OF THE YEAR, FABIO TOZZI

EXCELENCE IN MARTIAL ARTS

ADELA SANCHIS, JULIANA GALENDE, PILAR BERNAT, MARIA SANTOME, CARMEN PALENCIA, NOOR REYES, NISHTHA MITRA, ISABEL MORILLO, TAMMY LYN, FRANCISCO MARTORAN, OCTAVIO VALLE, RAFAEL CARRIET, JOSE RANGEL, JOSE VEGE, FELIX SERRANO, RICARDO GRESS, JOSE PLATON, LUIS PANIAGUA, BENJAMIN REYES.





Yamaguchi Gogen

This interview was conducted in July 1977, and then in 1984, in Tokyo, Japan, with the assistance of Pakamala, a direct student of Yamaguchi Sensei's. Pakamala acted as my translator in both interviews. He was a personal friend of one of my students at the time Rick Marshall. They were both live in students of Yamaguchi Sensei's at the College of Martial Arts in the Zempukuji district of Tokyo in the mid 1970s.

At the time of the interview, I must admit, I was totally in awe of Master Yamaguchi. The interview and invitation to train after the interview for myself and Greg Mellor (a dojo brother and personal friend of mine) was arranged by my Sensei, Richard Kim, who was a personal friend of Yamaguchi Sensei.

Don Warrener (DW): When, exactly, and where were you born?

Master Yamaguchi: I was born on January 20, 1909, in Kagoshima City, Japan.

DW: What kata is the most important in Goju and why?

Master Yamaguchi: Sanchin kata is the most important, as it develops the complete student, body, mind and spirit.

DW: I know that you are an avid practitioner of Yoga and Shinto, what relationship and value do they have to the karate practitioner?

Master Yamaguchi: He did not speak for quite sometime, then: "Karate," and he hit his left arm with his right hand, "yoga," and he pointed to the side of his and opened his eyes wide, "shinto," and he rolled his eyes upwards and tilted his head backwards looking up. Then he looked at me and gave the most fantastic smile I have ever seen.

I then presented him with a couple of gifts from myself and a student who had trained with him.

Master Yamaguchi: Thank you very much. Canada is a very big and beautiful country. Very close to nature similar to Shinto. Master Yamaguchi then had Pakamala go and get his wife to bring us a soft drink because it was very hot in Tokyo in July. He, of course, had tea. When Pakamala returned he presented Sensei with a gift of three beautiful big oranges which Sensei really liked and shared them with us all.

DW: What are your plans for the future?

Master Yamaguchi: I plan to continue to spread Goju Ryu Karate throughout the world for the betterment of all.

DW: I asked him about his College and what it taught...

Master Yamaguchi: The main style is Goju Ryu karate, but my friend Otsuka Hiro-nori also teaches here and we also have kobudo classes. I also teach Yoga and Shintoism. The ground floor is for martial arts, the second floor is living quarters for foreign students and the top floor is where we teach Yoga and Shinto.

Master Yamaguchi: Do you know Peter Urban?

DW: I do not know him personally, but he

"I think that the kata is most important. Much more than kumite, even though I invented freestyle karate fighting"

had presented me with a trophy when I won the Canadian Open Karate Championship in 1968. He is very impressive to me.

Master Yamaguchi: (He said nothing but just shook his head from side to side as if in disgust.) Peter Urban was my first white student and he had trained with him in the 1950s when he lived in Japan.

DW: Where did the idea for the fist logo come from?

Master Yamaguchi: The fist means half hard and half soft and it is a copy of my right own hand.

Yamaguchi Sensei then asked me several questions about my dojo and who I studied Goju with. I explained that my first sensei was Benny Allen whose friend, Bob Dalglish, had trained with his son Gosei in San Francisco and then with Peter Urban in New York City in the mid 1960s. I went on to explain that my present Sensei was Richard Kim. I then asked him what he felt was the most important part of karate to study?

Master Yamaguchi: I think that the kata is most important. Much more than kumite, even though I invented freestyle karate fighting. I still think kata is more important.

Yamaguchi Sensei then said that he must go as he had many things to do but he first autographed his book, "The Cat", for me and wrote a short poem in it in

his own beautiful calligraphy. He then introduced his son Goshi to myself and Greg and invited us to train with his son that evening, which we joyously did.

OBSERVATIONS

The first thing that impressed me was the absolute warmth and kindness that emitted from him. He truly was an impressive figure as he sat there with his thinning long hair flowing down and over his shoulders.

He gave such a wide smile; I will never forget his image as he sat with his kimono and robes just looking at us both.

While in the class that night I had one of the most important lessons of life in karate. It wasn't the lesson of having my middle block corrected but rather it was the conversation I overheard between Goshi Sensei and another black belt visitor there to train from Australia.

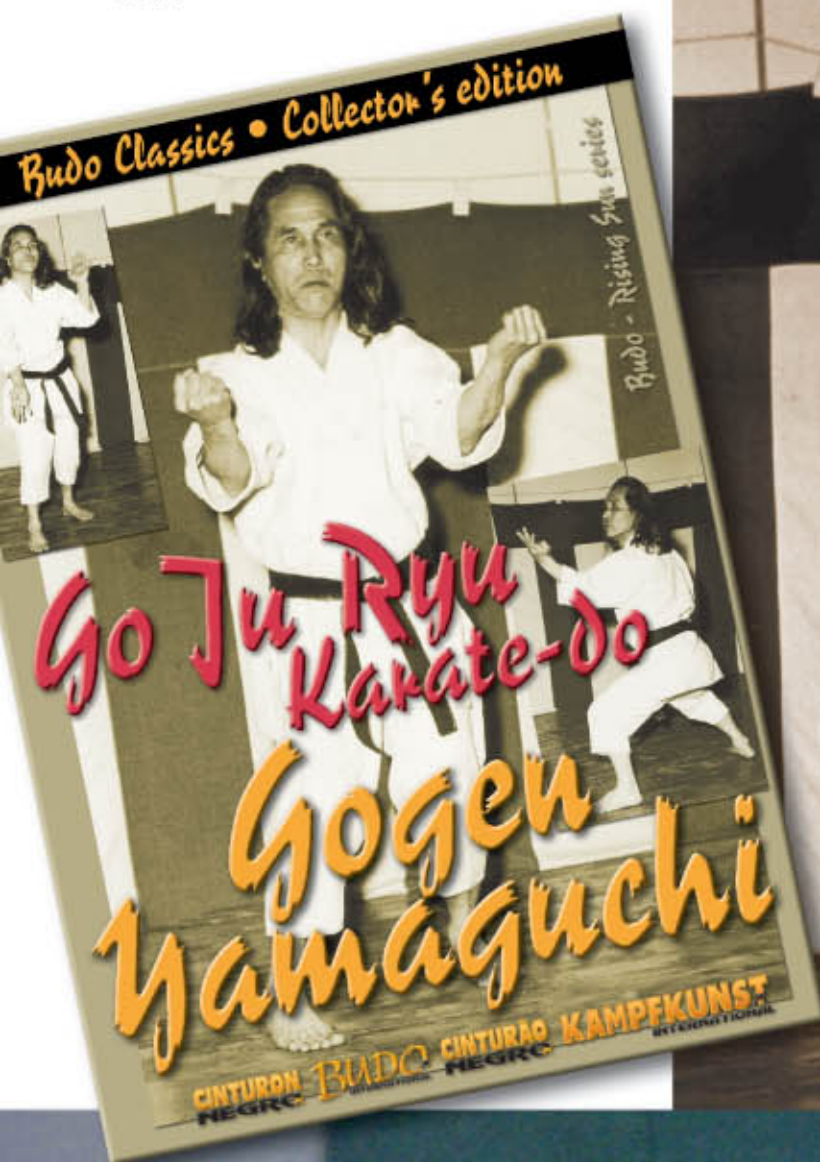
The Australian asked Goshi Sensei, "I understand that the Sei Unchin kata has



Goju Ryu Karate-do



Down: Cover of the classic video of Gogen Yamaguchi, now in DVD and available for Bu-do lovers



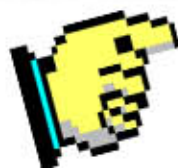
Up: A very little known photo of young Yamaguchi working with the Tameshiwari. Left of the other page, the author of the interview, Don Warrener, in his meeting with Yamaguchi Sensei, "The Cat".

been recently changed?" Goshi Sensei said, "yes, we changed it about 2 months ago." He then demonstrated the change to the student. I could not but wonder how many times the kata had been changed over the years by various Goju masters. I realized right there and then that there probably is no one correct way to do the kata. It just depends on the instructor.

In closing, I just want to say that my first meeting with Yamaguchi Sensei was nothing short of awe inspiring and is probably one of the reasons I still practice karate today is because of the energy and power he emitted while taking time out to talk to two kids from Canada.

Two months after I returned home from Japan in 1977, I received a letter from Yamaguchi Sensei asking me to represent the Goju Kai in Canada. I respectfully declined, as I was a student of Sensei Richard Kim's and to me loyalty was most important. I must say, though, that I was extremely honored that I would be asked to represent him in Canada.

Don Warrener
www.risingsunproductions.net





The city of Oporto has been the venue for the International Seminar of Kosho Ryu Kenpo, organized by FPKK, which took place on 7th and 8th March. The event was attended by Sifu Vincent Lyn (USA), Shihan Miguel Rivas (Spain), Shihan José Cardalda (Spain), Sensei Mario Hermo (Spain) and Sensei Peter Porém (Portugal). More than 180 athletes from all around the country and from Spain, were at the sports hall of Nossa Senhora del Rosario school.

On March 7, the city of Oporto hosted the First International Seminar of Kosho Ryu Kenpo, organized by FPKK and committedly supported by the District of Ramalde and Red Bull. In this event five prestigious instructors in the martial arts world have been present, including Sifu Vincent Lyn (USA), Shihan Miguel Rivas (Spain) and Sensei Pedro Porém (Portugal). They have taught their techniques to 155 athletes from Kosho Ryu Kenpo and 30 practitioners from other martial arts such as Farang Mu Sul, Chinese Kempo, Kenpo Karate, Kung Fu and Philippine Arts.

As usual in the Portuguese Federation of Kosho Ryu Kenpo, its events are intended to offer its students the opportunity to practice with important national and international instructors, so that they can grow at a technical level but especially at a personal and human level.

The event began at 7 in the morning with the presentation of each of the instructors and the reference to Sifu Vincent Lyn's book "Kung Fu in the real World, The Ling Gar Legacy", which deals with various aspects of martial arts such as self-defense, health, alert and Sifu's experience in the film industry, as a successful actor in the world of martial arts, having participated in nearly 25 films, including "Operation Condor", side by side with Jackie Chan.

Some of these aspects were commented by each of the instructors at the seminar: Sifu Vincent Lyn showed techniques of his Kung Fu Ling Gar system, of which he is the 22nd descendant. Shihan Miguel Rivas, Spanish master of Kosho Ryu Kenpo and who has a vital role in the development of this practice

both in Spain and in Portugal, showed empty hand techniques of Self Defense. Shihan José Cardalda and Sensei Mario Hermo (who brought nearly 40 athletes to Portugal), both from the Kosho Ryu Kenpo Association in Galicia, were available to show their self-defense techniques with the efficiency that characterizes "our brothers". Sensei Pedro Porém has been an enriching part of this seminar, not only because he mobilized many of his athletes to the beautiful city of Oporto, but also for his spirit of humility, participation and total commitment. We must also highlight the amazing spirit of camaraderie and the logistics and economic efforts of all instructors of Kosho Ryu who have attended this great event with their students, coming from Alhandra, Alverca, Arruda dos Vinhos, Lisboa, Póvoa de Santa Iria, Samora Correia, Sobralinho and Oporto, reinforcing the spirit of the whole Ohana: "One for all and all for one".

The morning of the 8th March was exclusively devoted to ancient martial techniques taught by Sifu Vincent Lyn, designated as "the 18 Hands of Lohan". Special thanks to the wonderful presence of Alfredo Tucci and Colonel Santiago Sanchís.

Among all athletes, it reigned a spirit of camaraderie, mutual support and great friendship!

their event in Oporto.

As it is normally said, "you have to take the opportunity". Exactly in that date it would appear the edition of my book "Kung Fu in the Real World". I had not seen it yet in its final form and I asked Budo International to send me have some samples from Madrid to Oporto. As I promised Sensei Marta, she appears in my book and obviously I also mention Sensei Pedro, whom I admire greatly.

It was my first trip to Portugal so I was very expectant. The event was incredible. Portuguese people are wonderful. I really and truly did not want to go. I have travelled around the world to some 80 countries and for me this is a place where I would like to return again and again, not because of the country's beauty but because of its people. I felt alive and inspired being in Oporto with a family of martial arts that has come to be very special for me, I must say. Sensei Pedro Porém and Sensei Marta Ambrosio are very special friends.

As I said to them, anything I can do for them, I'll do it with pleasure.

I am sure I will return to Portugal for a reason, I miss all my new friends for life

Sifu Vincent Lyn

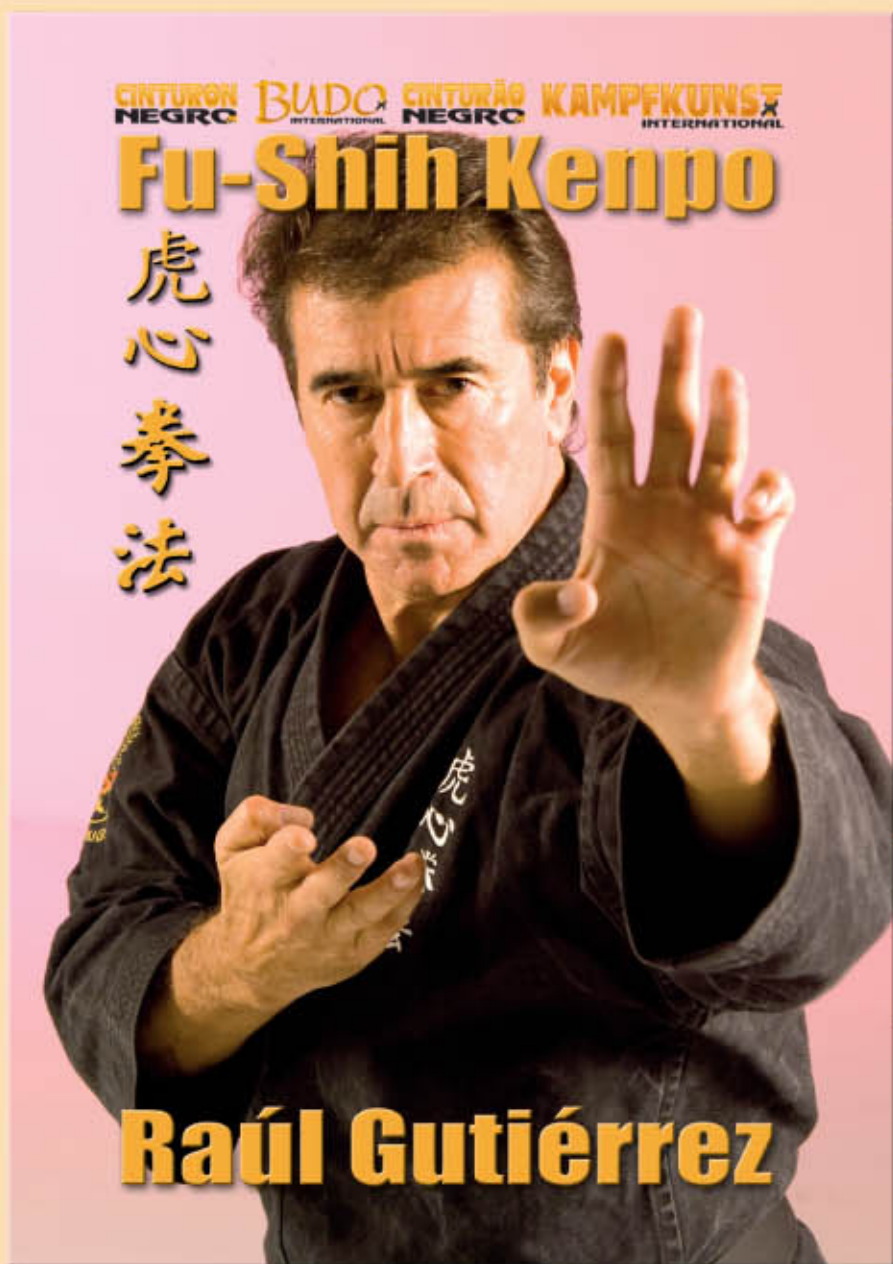
My experience in Oporto

In 2006 I was invited to an event in London and I had the pleasure of meeting a team from Portugal. I was really impressed by their participation in the small seminar I was teaching. But more important than this was the humility they showed. We took pictures together on the River Thames, opposite the Tower of London. I told them, Sensei Peter Porém and his student, at the time just a low degree and now Sensei Marta Ambrosio, that one day I would use those photographs in an article.

Now, three years later, in March 2009, both Peter and Marta have invited me to

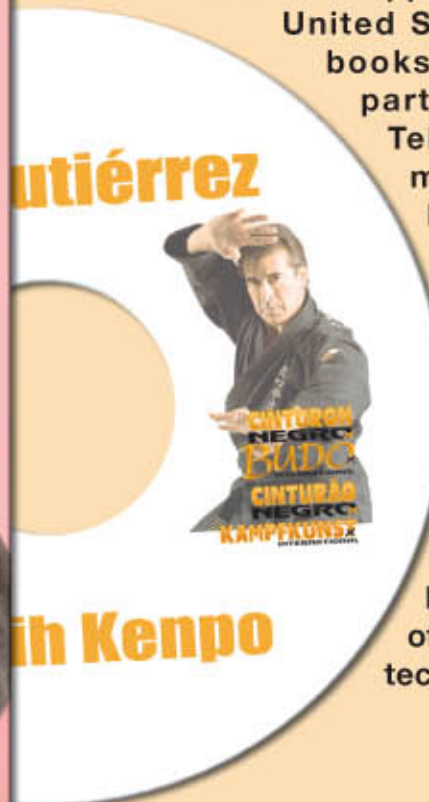


Fu-Shih Kenpo Raúl Gutiérrez



During his 42 years of commitment to martial arts, his enthusiasm and his thirst for research led Raúl Gutiérrez to practice Judo, Karate, Kenpo, Kung-Fu, Tae-Kwon-Do, Full-Contact, and Kobudo, among others. Supported by 10 world titles, 2 United States Championships, 9 books, 17 videos, and participations in Films and Television, Raúl Gutiérrez made a technical purge of all his technical knowledge, and founded Fu-Shih Kenpo, "Tiger School". In this work, you will learn the basic combinations, the Octangle Theory, the first 10 Self-Defense techniques with their technical and tactical analysis, basic techniques for combat, Kata Dachi, The Tiger Defends, Twin Tigers and the Form of the Short Sticks, as well as free technical series.

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Kobi Lichtenstein



A LIFETIME DEVOTED TO KRAV MAGA

Instructor, Professor, Master of Krav Maga is not just a profession, it is a mission, a commitment to society. In the case of Imi Lichtenfeld, he has committed to create a formula, a path that would make it possible for any person to defend himself through that knowledge, provide dignity to everyone, regardless of sex, age or physical preparation; the mission of an instructor is to pass that knowledge, seriously and responsibly. The master should have the mission of developing the method with perfection and quality, being responsible not only for his students but also for the students of his students and so on, bringing in-depth knowledge to future generations.

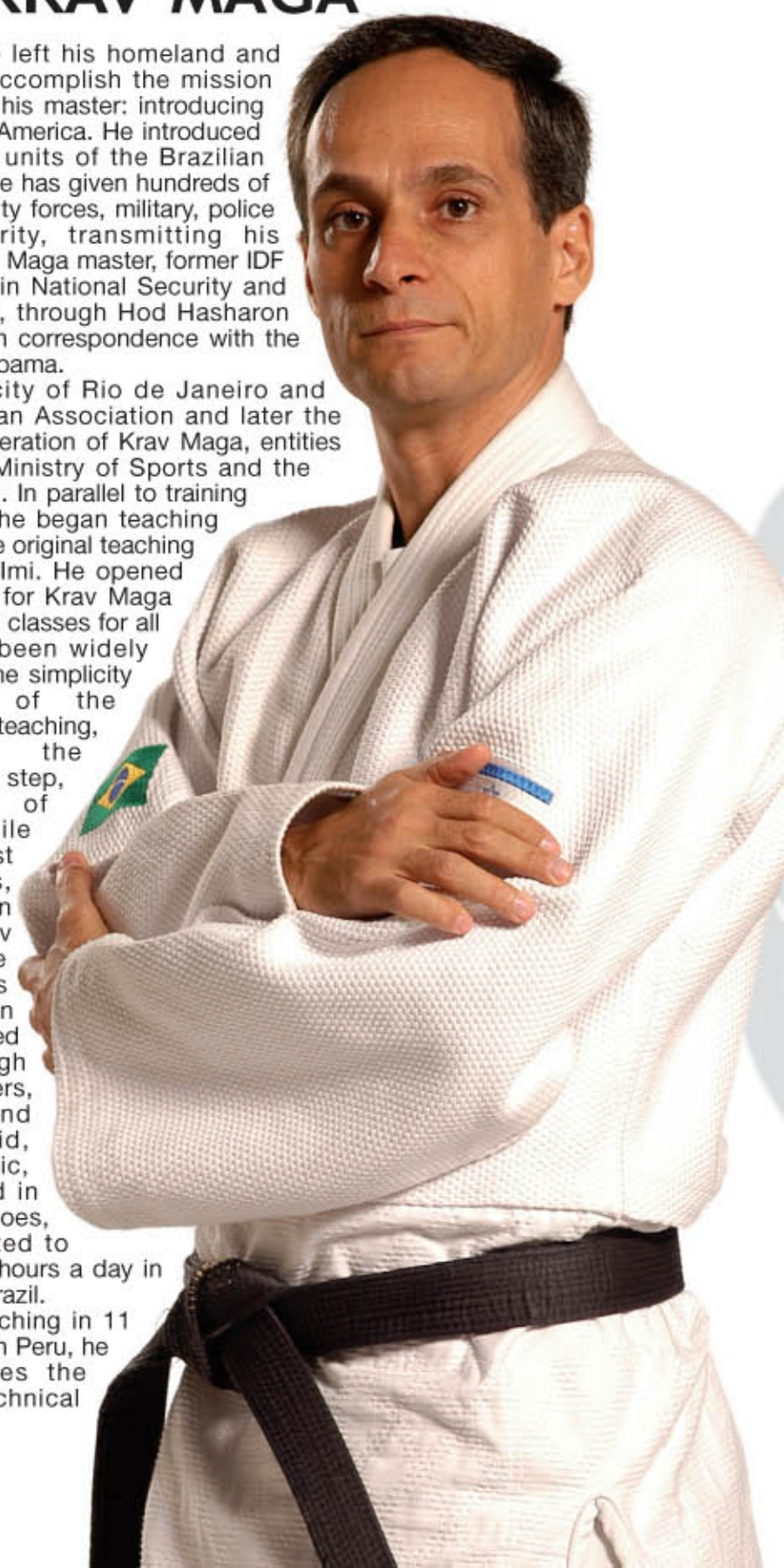
Kobi Lichtenstein was born in 1964 in the city of Rechovot, Israel. As a young child he accompanied his father and brothers, who trained Krav Maga in Tel Aviv. Imi was accepted in the group at the early age of 3, since his family surrendered to the repeated requests of a child who had fallen in love with the art. Accepted at the beginning just for a trial period, due to his young age, showing a knack for learning he soon conquered the admiration and affection of the whole group, where everyone was much older than him.

"Adopted" by his master, the creator of Krav Maga, from the beginning of his life he had his body and spirit shaped by Krav Maga, growing with the philosophical basis, motor and instincts totally

assimilated. He began to teach lessons at the age of 15 in Israel, getting thousands of students, including specific groups such as autisms, women victims of rape, juvenile delinquents, etc. .. After military service in the IDF, where he fought in the war against Lebanon in 1982, he was responsible for the teaching of Krav Maga in the south central region of Israel.

In January 1990 he left his homeland and came to Brazil to accomplish the mission entrusted to him by his master: introducing Krav Maga in South America. He introduced Krav Maga to elite units of the Brazilian military and police. He has given hundreds of courses to the security forces, military, police and private security, transmitting his experience as a Krav Maga master, former IDF fighter and training in National Security and Terrorism with MBA, through Hod Hasharon University in Israel, in correspondence with the York University in Alabama.

He settled in the city of Rio de Janeiro and founded the Brazilian Association and later the South American Federation of Krav Maga, entities recognized by the Ministry of Sports and the Ministry of Education. In parallel to training for security forces, he began teaching civilians, following the original teaching method created by Imi. He opened the National Center for Krav Maga Top Defense, offering classes for all ages, which have been widely accepted, both for the simplicity and objectivity of the technique, as for his teaching, which shows the movements step by step, within the skills of everyone, while demanding the most of the students, showing the main principle of Krav Maga: anyone is able to defend himself. His work has been followed and recorded by all media, through reports in newspapers, magazines and television. Rigid, demanding, idealistic, deeply knower and in love with what he does, he has been devoted to this work almost 16 hours a day in the last 20 years in Brazil. With instructors teaching in 11 Brazilian states and in Peru, he personally oversees the teaching, giving technical





and administrative support, ensuring quality growth. His work has been publicly recognized with several awards for quality and the Tiradentes Medal, an honor awarded by the Brazilian State for his deeds in favor of society. He has published 3 books in Portuguese, he conducts seminars with specific or generic topics for security forces and civilians, and he gives regular classes to students of all grades.

It is a priority for him the good relations among practitioners, promoting the idea of a Krav Maga family. He led groups of students to visit Israel, and these had the honor of meeting Imi. He received his last graduation from Grandmaster Imi, in January 1996, a black belt 6th Dan. Today he is devoted to the realization of a great dream: paying homage to the creator of Krav Maga in the year of his centennial,

promoting an international meeting among instructors and students, bringing together those who devote their lives to Krav Maga, joining the practitioners of all organizations and cultures: making the city of Rio de Janeiro the host of the event KRAV MAGA 2010.

(More information on the site www.kravmaga2010.com).

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Imi Lichtenfeld (Z"L)

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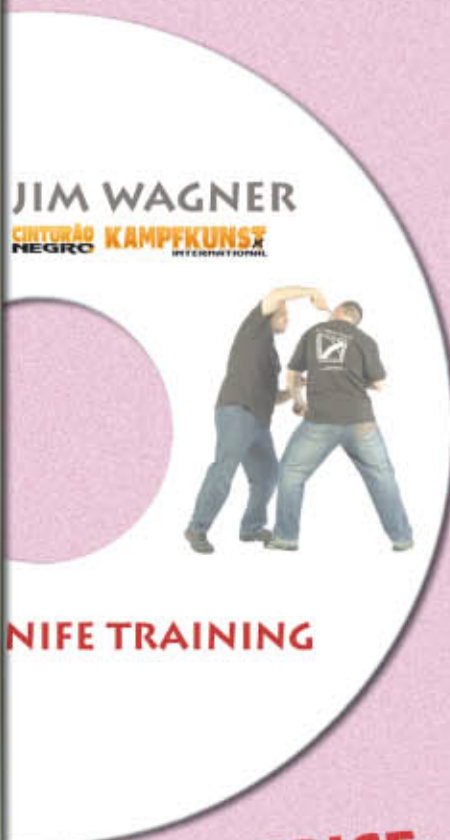


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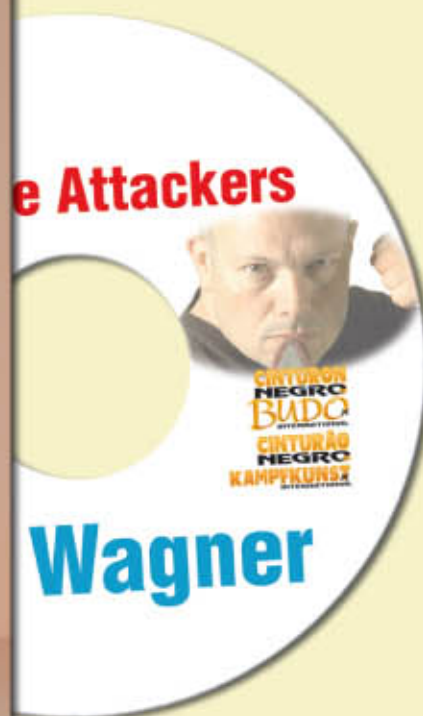
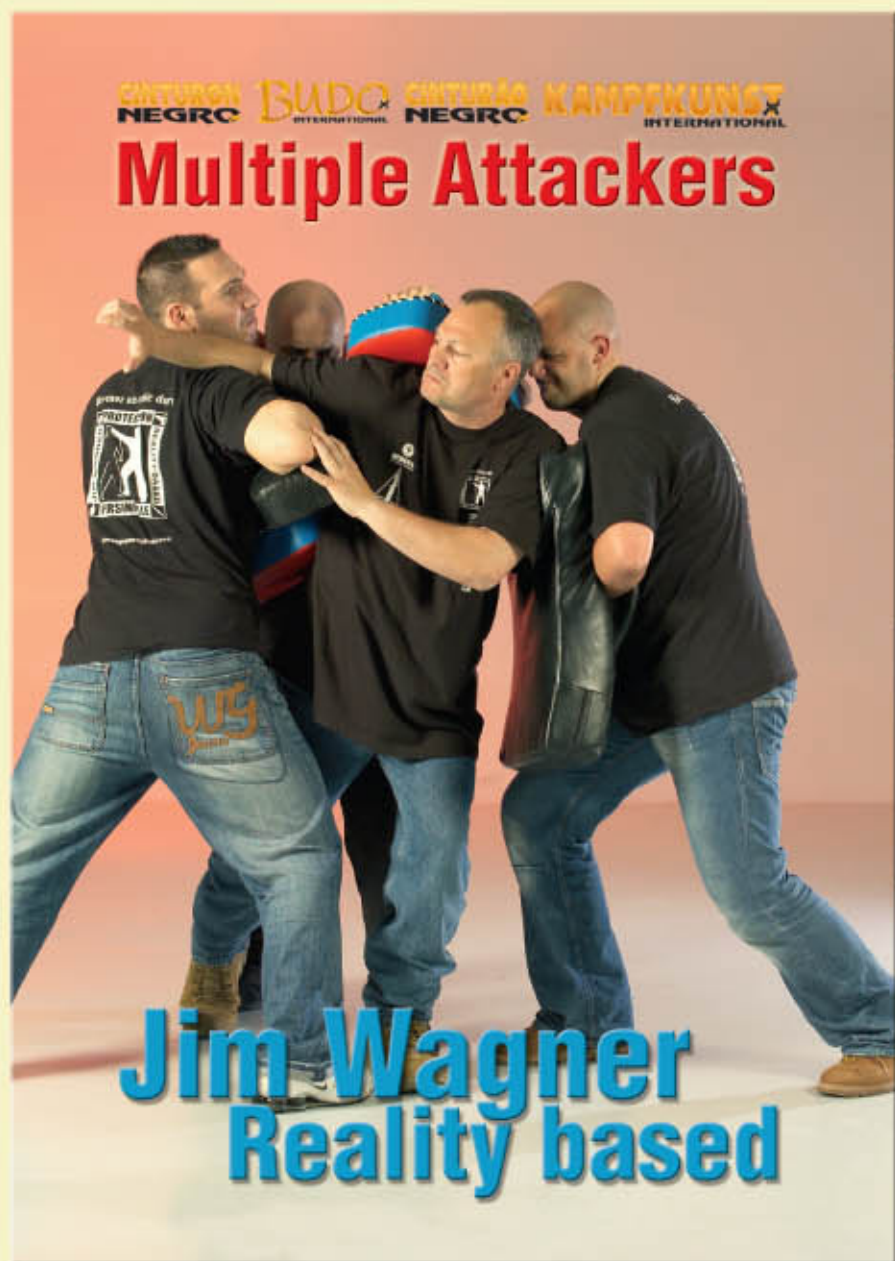


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Muay Boran

For centuries, every Muay fighter, before facing an opponent in a sports competition where he confronts his own mental and physical ability with that of his opponent, an ancient

ritual is performed, and in its most important part it shows gratitude to the Master, Wai Khru in Thai language. Apparently, this ancient tradition is done in remembrance of other tradition that in wartime was made by Siamese soldiers before going into battle; indeed many of the movements performed nowadays with empty hands come from similar or very similar movements with edged weapons, in particular with the Daab, the typical Thai short sword. The transformation of many of these positions in empty hand movements gradually led to codified sequences still used today. The entire ritual is composed of a first part called Wai Khru, which is performed on the knees, and a standing part, called Ram Muay or combat dance, during which the practitioner moves in a winding way around the combat area, according to a precise scheme.

The secular tradition of Homage to the Master is so rooted in Thai culture and in Muay tradition that every year, during the Muay Thai day, which is celebrated on March 17, all Masters and practitioners meet in Thailand to pay their respect in public to those who have transmitted for generations the Siamese martial art to our days. The annual ceremony matches with the one which remembers the ultimate Thai warrior, the famous Nai Khanom Thom.

The annual ceremony is preceded by the performance of the true Wai Khru and a prayer pronounced in unison, in which all participants honor the great Masters who have died, who made it possible to perpetuate the tradition of Muay Thai for centuries, enriching it with their personal experience, until it reached the present generations of Nak Muay, Muay practitioners. In the past, every Master developed his own sequence of movements, but mainly based on universal schemes; in this way, in the case of students from the same Khru May, although they came from different educational fields, the fact of following the same dance as a kind of march allowed them to recognize each other, avoiding the possibility of facing in combat.

From a practical standpoint, the performance of Wai Khru and Ram Muay had a number of objectives:

1. Controlling the breath and reciting a series of magic formulas which act as a mantra, the fighter enters an ideal psychological state for facing the imminent combat with a clear mind, all as a result of acquiring the skills to manage the stress. Thus, the athlete can obtain a functional psychophysical state controlling his stress in the event.

2. Assuming certain positions of muscle stretch for all parts of the body, from legs to trunk and arms, which were aimed at creating an effective lengthening procedure, the athlete prepares his mind as well as his body for the rigors of combat. Many of the positions come from an old gym from India, introduced in the kingdom of Siam, and today widely known as Thai Yoga, extremely useful for a harmonic development of internal energy, thanks to a refined procedure to overcome body suffering and making the flow of energy easier.

3. Moving slowly in the combat area in a time when the fight used to take place on the bare ground and not on an even surface, like today, the Nak Muay was a kind of supervision of the area, finding the rough edges on the ground and any natural obstacles in advance, to be ready before the combat started. On the other hand, at this stage the Yang Saam Khum steps also managed to increase physical and mental preparation of the athlete.

4. A particularly inspired performance of the ritual often frightened the enemy to the point of demoralizing him, overwhelming the performer extremely self-confident and determined to win.

As mentioned, the whole ceremony consists of two phases, the first one performed on the knees and the second one standing, moving in the combat area.

In turn, the knees stage is divided into two series:

- a) Saam Krab
- b) Phrom Si Na.

The first one is performed with both knees on the ground, bowing three times to hit the ground with the forehead, reciting preset formulas, or as taught by Grandmaster Chinawooth Sirisompan, simply devoting the thoughts to our loved ones, dead or alive.

From the psychological standpoint, this is the stage of maximum internal tension, this is when the fighter in introspection decides whether to become a winner or a loser. The following movements with the arms can vary, however, the most "noble" sequence is traditionally called Wai Phra Chai Paen Din, and it pays tribute to the King of Thailand, the most respected

figure by Thai fighters.

In the second stage of Wai Khru, the performer draws a circle staying on his knees, bowing to the four cardinal points; in this series of movements, unlike the first one, one knee is on the ground while the other is up.

The next part, Ram Muay, as it has been said, is characterized by a series of postures which use the Yang Saam Khum footwork to bring the performer to the four directions, assuming certain positions that mostly come from the famous epic poem Ramakien. In recent times, in some cases these movements have been replaced by gestures belonging to an alleged modern military tradition, as the act of throwing a hand grenade or fire with a machine gun. Obviously, such movements don't belong to the Muay tradition, but they are just a part of the staging of modern "show business".



Wai Khru



Wai Khru, traditional tribute to the Master in Muay Thai

MUAY THAI BORAN



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Arjan Marco De Cesaris

มวยโบราณ



KRAV MAGA

Bukan School קרב מגע

Yaron Lichtenstein



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REF.: • YARON1

Yaron Lichtenstein began to learn Krav Maga at the age of 13. In 1978, he founded, supported by Imi Lichtenfeld, creator of Krav-Maga, the Bukan School, the only private school of Krav-Maga in Israel so far, and in 1994 he received the 9th dan diploma from Imi, being certified as the holder of the highest degree of the system. He has trained, among others, the Anti-Terrorist Unit of the Israeli police, the Army, and Elite units. In this first DVD he teaches and shows what he learned from his master Imi Lichtenfeld, which led to a revolutionary movement that has reached every corner of the world.



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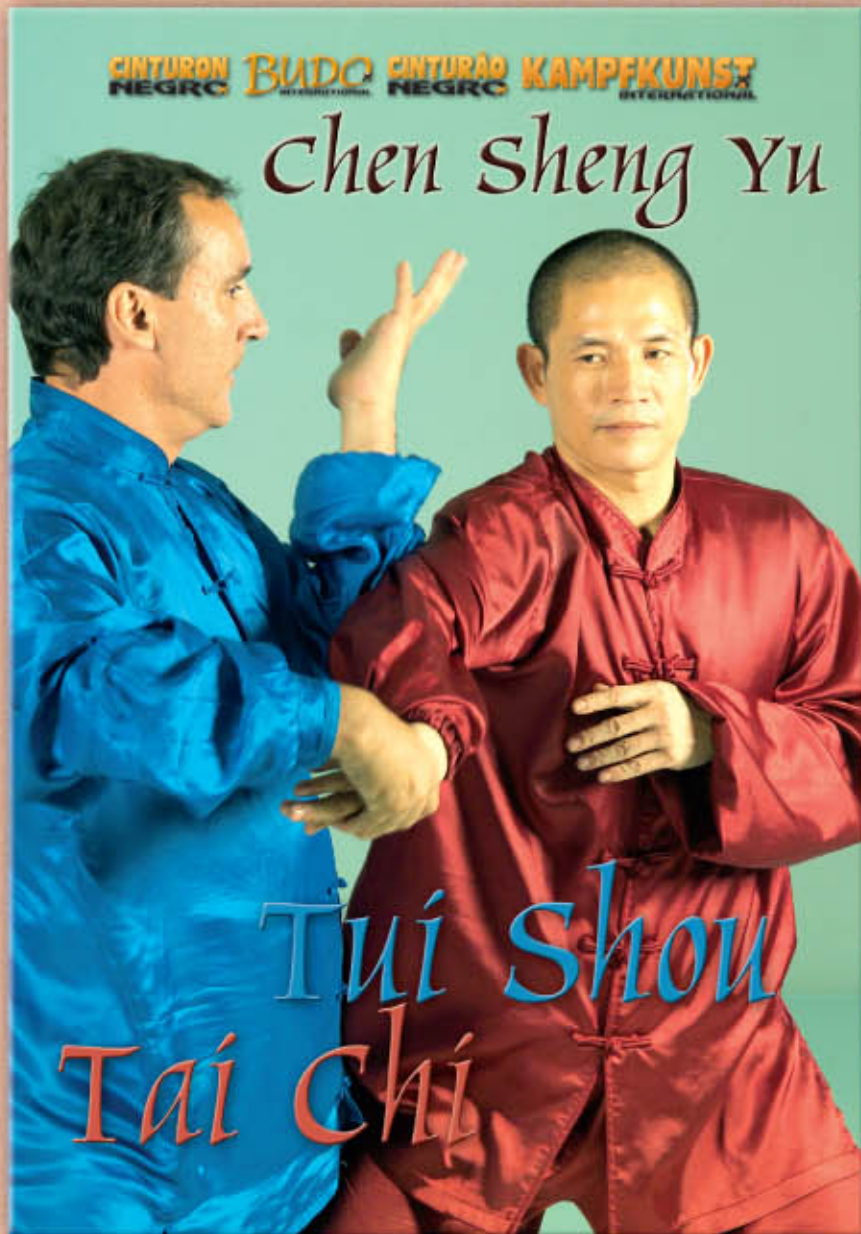


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REF.: • YU3

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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The Law enforcement Program

Leg Targets for control of the perpetrator.

Target #12 (Ankle Tendons): There are several tendons around most of the ankle to utilize. The only portion of the ankle that will not be vulnerable is directly in the front where there is mostly bone. Yet this is on about 10 percent of the area, which leaves 90% for effective targeting.

These tendons are not nerves, but contain neurological mechanisms called mechanoreceptors; or more specifically "Golgi Tendon Organ" (GTO).

The sole function of the GTO is to measure muscle tension and protect the attached muscle from being torn. What is happening is that a group of individual muscle fibers are plugged into a GTO like several power cords. The GTO monitors the pressure on that group of muscle fibers giving your brain feedback on small portions of the muscle and it's function. This allows the brain to not only monitor how the whole muscle is doing but also each of the individual parts of that muscle. When the GTO senses too much tension on the muscle, it sends a signal to the cord that causes the muscle to relax to reduce the tension or possibility of damage.

The GTO is activated by a significant increase in tension so the best method to enact the relaxation reflex in a tendon is a deep and rapid rubbing action simulating a quick and potentially damaging occurrence in the muscle. It is at this time that the muscle completely relaxes also causing the antagonistic muscles also relax. The rubbing action must mimic the direction of the tendons contractive and expansion direction (in the direction of the connection from muscle to bone as the same reactions will not occur if attacked in a perpendicular direction).

The tendons surrounding the ankle can be rubbed down as if taking a step, starting just under where the base of the calf muscle and continuing down to the ankle itself:

- The targeted leg will experience intense pain and dysfunction.
- All the supporting leg muscles will relax and fail to maintain the weight of the individual.
- As the leg fails the other leg will no longer have a base to brace or withdraw that leg as well.
- The faster and deeper the action on the tendon the more other the muscles in the body will also relax in a synergistic event.
- Physical strength diminishes as the body is collapses and twists away on the targeted side.
- As weight drops relaxed arms cannot withdraw or move to stop the decent.
- Causes cognitive thought loss temporarily as the reflexive action always takes brain priority.

Caution

On an obese individual, because the leg loses muscle control the additional weight will

cause an even more rapid decent. The Officer must be careful on where or how to move to avoid being collapsed on, or how the individual falls so as to prevent injury.

Location

On the lower portion of the leg there are several superficial and deeper tendons in many layers and positions. Only the major Tendons will be listed for their affects and targeting to avoid confusion and unnecessary confusing terms. They are all connected to the leg muscles in such a way that all will react to vertical rubbing actions. Some originate very high in the lower leg, but the Officer will be much better to stay below the bottom of the calf muscles to the ankle structure.

In the back of the bottom of the calf is the Gastrocnemius Tendon, which connects to the "Achilles" Tendon (Calcaneal Tendon). And is the largest and most vulnerable of the ankle structure.

On the inner ankle lays the Tibialis Tendon running just behind the shinbone of the leg. Due to the vast and dense nerves in this area, this is the most painful to utilize.

On the outer ankle is the tendon of the Fibularis muscle also dense in nerves this target is also has a very painful affect along with the dysfunctional reflex action.

Control

Stepping on the ankle is far easier and more secure than attempting to sweep or kick the leg out from under the Perpetrator for several reasons. First anytime the Officer tries to lift the weight of the individuals' legs to unbalance them, they themselves are in an unbalanced and weakened position. As they lift their leg they also diminish their base, which is needed to maintain strength, control and maneuverability. They also run a risk of injuring their back, hip, leg, knee or foot from an improper action. And as the perpetrator falls from such a sweeping action, they naturally reach out to grab anything to stop or support the fall. This could bring the Officer to the ground with the intended individual placing the Officer at great risk.

By stepping to drop the individual they are working into a grounded and balanced position. They maintain their base and use gravity as opposed to muscle strength. As the action is also close and natural the risk of injury is substantially less. And as the perpetrator falls the tendons reflexive action will weaken the body so that grabbing someone or something on the decent is far less likely.

To gain control from a side or rear position, as the Officer steps in by first stepping and then sliding down the tendon of the perpetrators ankle, will drop them to the ground:

The rear tendon will cause the individual to first drop to their knees as their body falls forward leaving weakened arms out

and back. The Officer can easily seize the arm/s and further control the situation and or individual.

The inside tendon will drop the individual sideways in the direction of the Officers step so that follow through is naturally in line with the original motion. This has a tendency to allow the individual to fall face up which is more work and a bit more risky for the Officer.

By using the outside tendon the individual will still fall in the direction of the step but this time have more of a tendency to fall face down. This is a much safer and controlled position for the Officer and has better control options.

If the perpetrator is in a standing position hands raised and placed against a wall, all three main tendons are. If the perpetrator begins to resist or turn toward the Officer, a quick step and slide down into one of these targets will collapse them in toward the wall. It will also drop the leg and arm, as the arm with less function remains extended and weak. This will limit aggressive or resistant behavior, as the confusion, pain and lack of control will effectively subdue the individual. It must be noted however that by using one of the lateral tendons, the perpetrator will collapse sideways and to the ground. If the rear tendon is used the body will collapse against the wall, but be supported. So it is in the hands of the Officer which direction would better suit their needs.

If the perpetrator is face down on the ground already or has just fallen from a stepping action of the Officer, placement and pressure can be maintained. Once fallen the individual will regain their composure and control of their muscles to resist or attempt to stand. By sliding up or down the ankle on a tendon their body will again weaken and collapse for the Officer to then control and or subdue. This is a safer position for the Officer just after the fall to monitor and further control the individual as they close the gap for full control.

If the perpetrator falls on their back the Officer can still approach to step on the ankles and slide in either up or down directions on the available tendon. It is far safer to use the outer leg tendon, as it will roll the individual away from the Officer and into a face down position. It will also control the other leg as





the weight of the body rolls onto it. A caution not to step on the inner ankle tendon as the body of the perpetrator will then roll toward the Officer, possible kicking or entangling them with the unrestrained leg.

And if the downed individual still manages to get up the use of their legs will be minimal. Support will be difficult diminishing strength and stability. And most important they will not be able to run.

Releasing

When a perpetrator is attacking another individual, this target can even be useful in the releasing action, whether another Officer is being accosted, or when a lone Officer must break apart an attack on an innocent victim or even two combatant individuals. These targets will instantly cause the hands to spring open and the assailant to drop in pain and confusion so that gaining control will be far easier. It also eliminates the combatants' ability to turn on or resist the controlling Officer. Even if the assailant is mounted on a floored individual this point can be targeted by either dropping down and forward with the knee as the Officer uses hands to control.

Not only will this work to release one assailant from the victim, but also it will also instantly release their hold on an object such as a fence, door handle or some other rooted object to resist arrest or control. Officers can again use these targets to instantly weaken the muscles and release the grip as it drops the individual into an easily controllable position, even for a single Officer.

Debriefing

By knowing and continuously recognizing (through practice), exactly how the body reacts, moves and dysfunctions will increase the Officers readiness for many possible needs. Strategy becomes more the focus rather than that of defense, or dealing with unknown situations which in turn will lead to increased stress and less physical control. By knowing and completely understanding the human reactions with each move and exploiting it in strategy, you will ultimately gain advantage in a given situation.

All of the Tendons in the body can be effected as mentioned, not limited to the very few discussed. They also are in close proximity to nerves and as such by attacking these Golgi Tendon Organs; you may also affect proximal nerve structures for even more control. One more note is that since each of these methods does send neuro messages, they indeed further weaken or facilitate all other nerves for follow-up targets if needed.

This information is dedicated to the Brave and Resilient Members of Law Enforcement around the world... Thank you for what you do!



Evan Pantazi





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Grand Master Colonel Santiago Sanchis
10th Dan, Jukaikido



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Muay Thai

Técnicas en salto
Die Sprungtechniken
Le tecniche in salto
Les techniques sautées

Flying Techniques

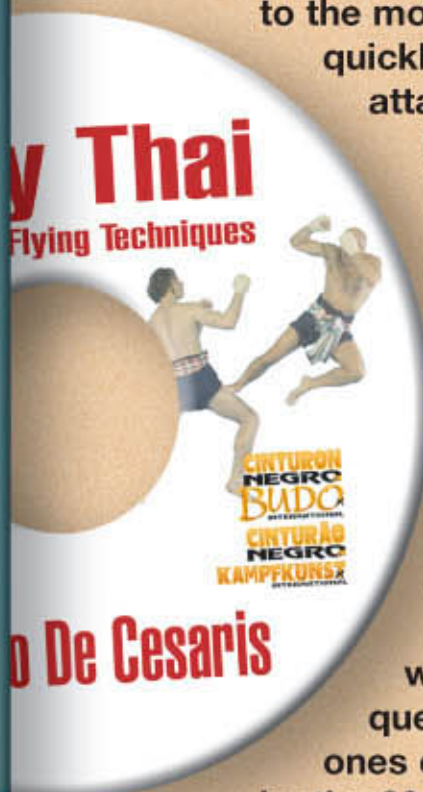
Marco De Cesaris



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

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Self defense accessible to all

Master Alain Cohen



In his career, Master Alain Cohen has proved to deserve the attention he has been able to awaken worldwide in the field of reality based self defense systems. His system is based on two intelligent and inexcusable guidelines:

1) It must work

2) It must be simple, anyone should be able to perform it.

With such foundations he has been able to define that clear target that Krav Maga designed for itself, self defense is to defend oneself, a truism that just a few can remember; an impeccable work which we will bring to these pages every month.

1. Preparation

Preparing for a physical assault is a very vague concept when you are a novice in the field of martial arts.

For most civilized people, human nature is good.

FALSE, we mustn't lie ourselves. We are living a time when people are able to rape, kidnap, assault, even murder. Many will argue there is no need to fall into paranoia but, who can claim nowadays that he feels safe in his environment?

2. Vigilance

Therefore, vigilance and suspicion must arise whenever the context demands it and this reaction will become quickly a reflex for us, as the fact of verifying if the door is locked.

3. Prevention

In these times, when unfortunately the world knows the terror of the terrorist attacks, our vigilance will result in prevention that might save thousands of people. In fact, when vigilance has become a reflex for us, it will be easy to identify a suspected man in a queue in an airport to inform the security services, or a rare individual loitering near our children's school.

4. Reaction

The reaction will be determined by our speed of detection of a potential danger.

If we notice the danger in time, we will be able to go away from him or to warn.

If we have to react to a sudden attack, our response must be immediate. A good exercise to get ready for this is to imagine the possible scenarios that could take place everyday. For example, we are sitting or standing on the subway and instead of doing nothing while we reach our destination, we can have fun visualizing what we would do if our neighbor on the right grabbed us or if the person in front of us attacked us with a kick.

The objective of this exercise is to create a precedent in our subconscious so that if one day a similar action takes place, our

first idea will be to defend ourselves rather than being surprised to see that someone wants to hurt us. Because while we are wondering what is happening to us and why this is happening to us, we can find ourselves lying on the floor without our wallet.

5. Control

Self control can avoid often an argument with another person. The signs of self control in a person are:

- o Confident look
- o Control of breathing
- o A clear elocution

The potential aggressor can perceive if his victim will be easy or if it is a person who will give him much to do.

Imagine that when you go home, a gang of youngsters call you to offer their help. If you follow your path without answering, they will insult you and they will know you are a potential prey. But if you answer "No thanks, man" or something like that, with a big smile, they will feel that you treat them with respect, an essential value shared among them, and they will be polite with you.

6. Lucidity

In case of aggression, although you don't know to defend yourself, an essential principle is lucidity. Being lucid allows you to better analyze the situation where you are. Self-control before the aggression must be followed by lucidity during the assault. When you feel overwhelmed with



KRAV MAGA SECURITY FEDERATION



fear, you can't control your body. You'll be petrified by the chemical substance shed by your nervous system in a situation of intense stress. For example, a person is crossing the road and he discovers that a car is going to run over him. In 90% of cases, this person will be paralyzed by what is coming and will be unable to move, although a few steps would be enough to get out of danger.

A tip. When you're in a situation where your body is paralyzed, just bite or pinch yourself, so that the pain sends a message to the nervous system. This message is sent through a small electric current through the nerves. This current enables your body to relax.

A lucid person could analyze the possible dangers:

- o How many offenders are there?
- o Do they have weapons?
- o Where could I escape?
- o What objects or accessories could I use to defend myself (rolled up newspaper, pen, car key...)

7. Effectiveness

Effectiveness is simply to strike directly without any detour. Don't waste your time hitting the attacker on his arms, he is stronger than you. Imagine that your opponent is a muscular bodybuilder who weighs three times your weight... What can you do?

You simply have to know that there are body parts in which you can't build muscle. This is where you must attack:

- o Genitals: a kick with your foot or your knee...
- o Eyes: with the tip or the joint of the fingers
- o Neck: a peck on the throat will calm the person and will keep him at a distance. But in case of aggression, you have to make another movement immediately or flee if you can.

8. The mind

The mind is a tool that is forged through training, it is overcoming oneself. When you go beyond your limits more and more, you finally achieve self control. Then you show a serenity that constantly follows you in everything you do and people around you can feel it.

9. Aggressiveness

When you get to master your mind, you get to pass when you want from serenity to total explosion, since as we have said, if we can control our emotions, we can take out all the rage we have inside, and channel it in an instant on the aggressor. Now, we are no longer the victim but the predator!

10. The will to survive

To engender aggressiveness, we need to want to be willing to survive and for this we must think about what we said earlier: "Men are not all good, they may be capable of the worst".

Think that if you can't save your life, your parents, your children, your brothers and sisters will have to mourn your demise. And if you can't dominate this attacker, then he can go to attack your children who have stayed in the car or worse... Think about it and your determination will be equal to your desire to survive.

And finally, I want to say that getting to master these basic skills doesn't take very long, and it doesn't need much dedication or extraordinary physical condition. It's enough if you learn the basics of self defense with a qualified person and if you work with the mind.

Krav Maga Security, the history

If one day you are walking in a forest and you find an old cottage in ruins in your way, logic will make you think that the person living in that old cottage is poor and needy.

Similarly, if you pass in front of a beautiful castle, you will conclude that the person living in that castle is very rich, perhaps a king. And of course this king is more important than his castle, the castle is nothing more than his house.

We can then understand that depending on the house, one can estimate the importance and status of the person living in it.

On this basis, if we analyze the idea, what is the world's most sophisticated home? The answer is: the human body. The human body is equipped with functions that no man could ever imitate or completely understand, as the brain, gastrointestinal tract, hands, joints, the mysteries of DNA...

The implication of this is that the house that represents the human body is so exceptional that the soul living inside must be even more important.

Don't lie yourself thinking that the body is the most essential thing to be cultivated. It's just the house. It is the soul that lives in it what we must improve and develop. It is that what we must try to satisfy with knowledge.

Master Alain Cohen
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MUAY THAI

THE KING OF ALL ARTS



RS-0085 • Master Sken is one of the most famous exponents of Muay Thai in the world, he is the chief instructor of the Sitnang International Muay Thai Association. His over 30 years of experience are shown to you in this video/DVD including warming up, stretching, endurance, balance, distancing, clinching, stances and so much more, are all in this one tape. There is a special bonus section on how to use the bags, pads, speed ball, focus gloves, gloves and headgear.



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M-0004 • This video will teach you all the basic and advanced techniques of Muay Thai Kick boxing. You will see three wild and exciting matches that demonstrate the brutality of Muay Thai in its most savage and violent way but with all the decorum and spirit that Muay Thai has become famous for. You will also see an exciting demonstration of Muay Thai, and finally you will be taken behind the scenes to a real Muay Thai Kick boxing camp on a military base in Bangkok to see how these Martial Artists tone their bodies through different exercises and training drills.



M-0093 • A terrific new DVD from Thailand is one of the best we have ever seen on the art of Kings. This DVD will show you the 9 weapons of Muay Thai plus all the history and as well the swords of Muay Thai an art form slowly being lost. One hour in length this DVD is a wonderful contribution to the art form of Muay Thai. You will learn the Respect Teacher Ceremony plus lots more including the Tiger, horse and lion steps. The master talks about the offensive and defensive strategies plus lots more.



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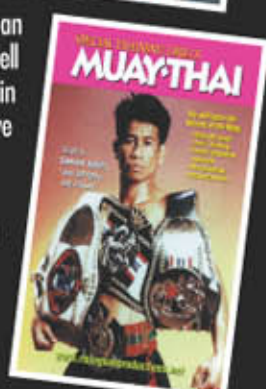
RS-0060 • Saekson is the best of the best. We say this without reservation and those of you who watch this will see why. Absolutely terrific. In this tape Saekson teaches you up close and personal more of the basics of Muay Thai including how to do those awesome kicks of Muay Thai, and as well the knee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



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



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



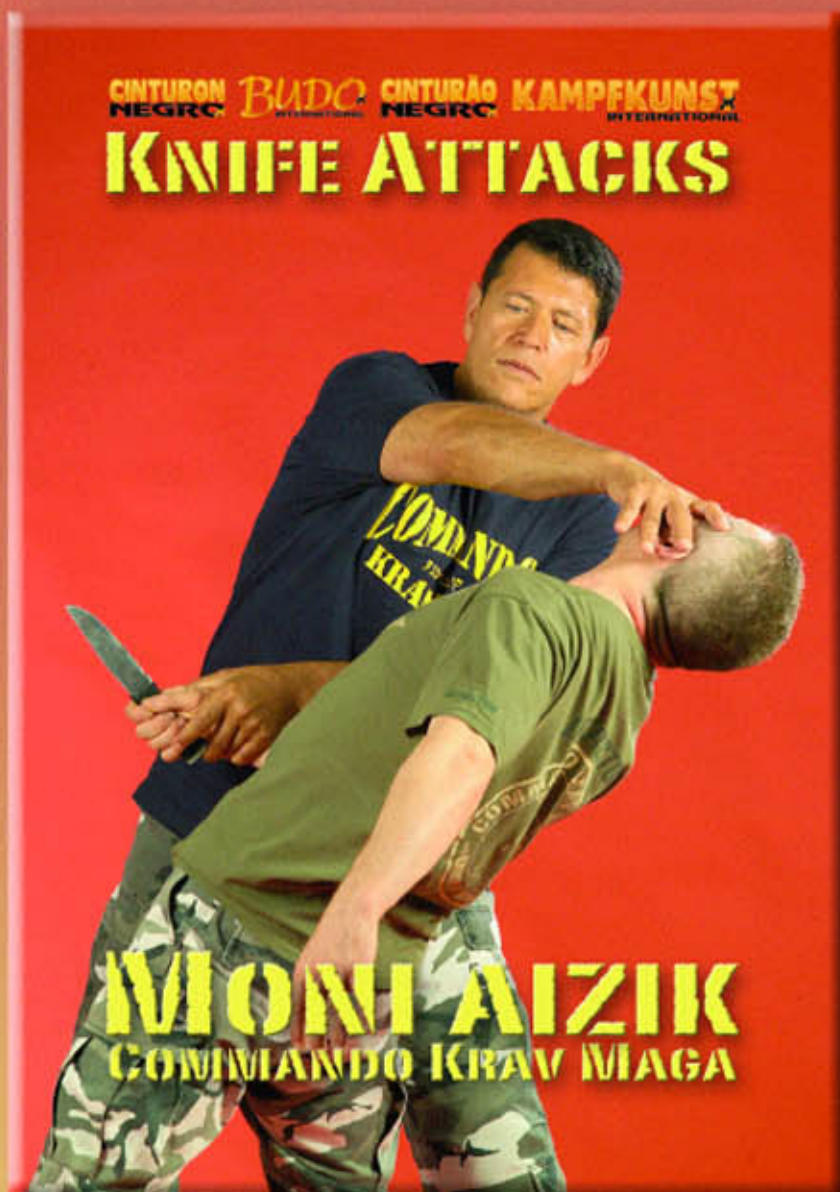
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COMMANDO KRAV MAGA KNIFE ATTACKS

MONI AIZIK



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

REF.: • AIZIK3

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Karate

Much could be said about the degrees of the different Okinawan and Japanese Karate federations and associations, their value, their meaning, their pros, their cons... and their degrees, in particular the symbolism of the maximum 10th Dan and the rigor with which it was assigned to its owners.

Our collaborator Salvador Herraiz offers here the largest research on the subject worldwide, an interesting work conducted in Tokyo and Okinawa, which dives into the exciting topic of the highest degrees of Japanese Karate, in any of its recognized organizations, and presents more than 130 Japanese martial artists in history who have achieved the 10th Dan and many others who hold the 9th Dan (plus about thirty foreigners in each of these high degrees). All this provides an interesting basis for discussion.

Text: **Salvador Herraiz**, 6º Dan de Karate
Photos: Files of the author & **Budo International**

THE MAXIMUM DEGREES OF KARATE IN OKINAWA AND JAPAN

The Reality of the 10th & 9th Dan degree

The black belt is an important step and a symbol in Karate and in Martial Arts. Even critics who play down the importance of the issue of degrees like wearing a black belt on their hips.

The 10th Dan degree (also the 9th Dan, which is so close) is a symbol of excellence and something that is attractive to investigate. If the matter is seasoned with the subject "associations, federations, ...", the issue takes on added interest of reflection, since even if there is always an opinion about it, this is rarely based on deep knowledge, and it is more often influenced by the policy of the organization one belongs to. We'll try here, as objectively as possible, to analyze the matter in depth, using the pretext of the research on FJK.

I say this very often and I still think it: degrees in Karate are not a part of its sports side, but of the martial tradition. That is why it is not the role of sports federations of an eminently sports line to award them, it is the role of traditional, style organizations... (as long as those enjoy seriousness and support from renowned martial authorities), that will understand better the ingredients a degree must include, with respect to personal moral values and knowledge, not only of the complex technique of karate, but also of its history, philosophy and depths. The reality of this fact can be observed in the absence of most high-degree masters within the federation. This often happens at global and national level, and it occurs at a greater extent in Japan and in its sports federation.

The reality is that the vast majority of great masters of Karate, successors of the different schools... are out of the federation and in some cases those who are inside have a significantly lower degree than they have in their respective school, organization..., and nothing happens! Nobody throws up his hands in

horror! It is logical and normal and it shows different approaches and paths, as well as an eminent dissociation from the sports organization. Just have a look at the lists of high degrees of Japanese Karate I have done and at the list of high degrees of the Japanese Federation, to better understand the issue.

Many masters who are inside the federation have a significantly lower degree there than in the organization of the style they also belong to, an organization that is within the FJK. That is, even themselves and their policy have some contradictions. On one side, certain degrees are given by certain individuals and institutions, and those degrees are not recognized by those same people in the organization which gives shelter to the various associations of styles. Strange. To exemplify this situation, we can mention the 9th Dan of JKA Shotokan. This organization is part of FJK, but in it the 9th Dan doesn't go beyond one or two "Dans" below, in most cases. Any example? Many: Goshi Yamaguchi is 10th Dan but he is just 7th in the FJK; Tsuguo Sakumoto is 9th Dan Ryuei Ryu and 7th Dan FJK; brothers Mabuni, Kenei and Kenzo, both 10th Dan, but both 8th Dan FJK... But ... What is the degree that really matters in the Karate community for those masters? What degree is considered when referring to them, even within the federation? The answer? Always the highest degree. In this regard it is strange to see how national federations (those which call themselves "official") sometimes bring masters from Japan to teach courses and advertise and treat them with the degree of the organization they belong to, an organization which is often outside the Japanese Federation and a degree which is higher than the one awarded by that federation, if they are inside it. Even more. There are several cases of trips to Japan organized by the federations, where the trainings are made in dojos and with Masters who are outside the Japanese Karate

Federation, in the same political line as those federations that make the trip. Anyway... Often, the common sense leads to act differently to what would be marked by the political line to which one belongs. Absurd, isn't it?

I have found and collected over 130 10th Dan karatekas in Japan, plus many others of 9th Dan, and to better understand the issue of degrees it is necessary to take into account several considerations. The first one is that it seems obvious that in Okinawan schools and outside the sports federation, they are careless when awarding the maximum degrees (in many cases the number of years of practice of some of them is much lower than one would expect) or indeed it is like this that the issue should be approached and it is in other areas where these categories are too "protected".

Obviously old karatekas (in times of Itosu, Miyagi, Funakoshi, Yabu, Hanashiro,...) didn't use the "dan" grading system. Then the categories of Renshi, Kyoshi, Hanshi... started to be used, and in the mid 20s the first Karate black belts started to appear in some dojos. In Judo this time is slightly earlier.

Old masters have the great merit of being pioneers, the first, even if they haven't been 10th Dan and we don't even know if they would have actually got them on the basis of their personal and technical level required later.

We must move forward to the middle of the twentieth century to begin to see outstanding degrees. On 30 December 1960, the Okinawa Karatedo Renmei, chaired by Shoshin Nagamine (but created four years earlier with Chibana Choshin as the President), organizes the first tests of "all styles" Dan in Okinawa. The main instructors of each style are accorded the 5th Dan. Twenty-five people are given the 3rd Dan, others the 2nd Dan and around forty the 1st Dan. The years required to access very high degrees such as 9th or 10th Dan, allow us to set the 60s as the time of

In the picture, the recently deceased Grand Master Hayashi, from Shito Ryu school, who left in place his own style, very practiced nowadays in high competition.

10

dan from OKINAWA & JAPAN



appearance of the first 10th Dan, awarded by well established and respected organizations.

Perhaps Choshin Chibana, who died in 1969, is the threshold at which graduated karatekas in 10th Dan started to exist. In fact, it seems that for a while Chibana could be the only 10th Dan in Karate. In turn, shortly before his death, in 1967 Chibana Choshin gave several 9th Dan at his most direct disciples Chozo Nakama, Katsuya Miyahira (who was 49 at the time), Kensei Kinjo, Yuchoku Higa and Shuguro Nakazato. Also Seko Higa could have been one of the first winners of the 10th Dan.

It seems that another early winner of the 10th Dan was Kanki Izumigawa, from the Senbukan school of Goju Ryu, in the mid 60s. There are those who think that Yamaguchi Gogen received his 10th Dan from Chojun Miyagi in 1951, but this is highly debatable, if not completely uncertain, since it seems that Miyagi barely awarded black belts in his life and it seems almost impossible that he granted a 10th Dan at that time. Eizo Shimabukuro (Shobayashi Shorin Ryu) received his 10th Dan from Kanken Toyama in 1959, less than 40 years old, and Kanei Uechi received his in 1967 (aged 56) from Rengo Kai.

On the main island of Japan and in the 70s, Hironori Ohtsuka received the 10th Dan of Karate (specifically in 1972) from Kokusai Budoin (International Martial Arts Federation-IMAF). Shosei Kina, who was Itosu and Yabu's student, received the 10th Dan Shorin Ryu in Okinawa in 1974. Fusei Kise received the same degree in 1984 at the age of 49 (after 37 years of practice), from Shigeru Tamaiya.

They are many important high-degree masters who work outside the Japanese Karate Federation and therefore their degree is not granted or bureaucratically recognized by it. In fact, they are most of them. But... what degree is more real in terms of traditional karate? For now, for traditional karatekas Karate doesn't belong to the so-called "sports", but to martial arts, even if there is currently a sports aspect within it and even if it is the best known it is not the main one. Power, money, recognition... they don't match with "Do" in Karate.

Therefore, for all lovers of the old traditional Karate and those who know the intricacies of the issue, the alleged "official nature" of the federations not only doesn't attract or impress them, but often... it repels them. And official are all those organizations that meet their legal obligations. The difference in the sports federations is that every of them of each sport belongs to the body of the government of the sport (in the case of Spain, the Sports High Council) and therefore they take a good grant from the State.

Degrees are a feature of karate which concerns a deep study, knowledge and understanding of it, the practice of the different aspects

of its technique, its moral values, its history and philosophy, perseverance, discipline, humility, tolerance, respect... The degrees are not a part of the small sports-competitive aspect included in Karate, in which all those values and knowledge unfortunately are not valued or taken into account... and are forgotten. In fact, its absence is not an obstacle to achieve the greatest levels of success. What brings a greater pleasure? A "dan" degree awarded and signed by a president of the federation probably far from the karategi, who barely knows the person being awarded and who often will have a lower degree than the candidate, or a

"dan" degree awarded and signed by an acknowledged master of Karate, Hirokazu Kanazawa, Tatsuo Suzuki, Hironori Ohtsuka, Fumio Demura, Kanei Mabuni, Yamaguchi Gogen...? I think most lovers of traditional karate would prefer the latter, wouldn't they?

It should be borne in mind when it comes to understand, accept and appreciate this research, various scenarios, explanations, thoughts and circumstances. The issue is complex and attractive at a time.

Obviously the owners of these very high levels are often direct students of the most representative masters of the styles (or founders), such as Chibana, Motobu, Kyan, etc... in the line Shorin, Miyagi in Goju, Uechi in the homonymous style, Kenwa Mabuni in Shito, Funakoshi in Shotokan, Ohtsuka in Wado... or of their direct and older students. In fewer cases (today) technical descendants in subsequent generations.

Sometimes the Sokes, founders and leaders of a style, don't have a "dan" degree to avoid comparisons (always hateful) and because they are supposed to know best in that style. But generally the 10th Dan is attributed to these characters, whether they have it or not, as an obvious result. If they are above the 9th Dan of their style, it seems logical that they are attributed the 10th Dan, though it has never been granted to them as such.

One of the usual mistakes on the 10th Dan comes with Kobudo and its practice in parallel with Karate in some schools. The list includes graduates with 9th and 10th Dan in Karate but not in Kobudo, not even in those cases where a practitioner does both disciplines at once. Such is the case, for example, of Shinken Taira, 10th Dan in Kobudo but not in Karate. Teruo Hayashi, 10th Dan in Kobudo but despite being listed as 10th Dan in Karate, this degree was not awarded until after his death (and just regarding the style, since within the Japanese





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Karate Federation he holds the 9th Dan).

We must also consider the fact that some of the pioneers of Karate in different places have been overtaken by other lower degrees. It is also normal and logical for the reasons already explained. There are cases of pioneers who have changed of discipline as their degree has stagnated in its original art. Vernon Bell, for example, was a pioneer of Karate in England but over the years he chose the path of Jiu Jitsu, discipline where he got the 10th Dan (but this was not the degree of Karate). Sometimes there have been mistakes for this reason in certain characters, perhaps the main one is the already mentioned Teruo Hayashi, 10th Dan in Kobudo (but 9th Dan in Karate).

We must also consider the case of some schools, such as Shotokai, with an added feature on higher degrees. There degrees are traditionally awarded only up to the 5th Dan, even if some of its practitioners deserved, for the years of practice, age and effective continuity in Karate (and in fair comparison to similar cases from other schools or styles) perhaps the 8th, 9th or 10th Dan. This could be the case of karatekas such as Tsutomu Oshima, Mitsusuke Harada, Motonobu Hironishi, Jotaro Takagi, Ayahito Sugimoto, Shundo, Atsuo Hiruma, Terui, Kunimitsu, Endo, Tadeo Tanida, Hiroyuki Aoki, Yoshihito Huzibe, Tsutomu Shimozo... and even, Yanagisawa, Yoshiaki Hayashi and Wado Uemura, who have turned their 5th Dan degree into the maximum of that school.

But in this regard there are scholars who believe that this level of 5th Dan is not equivalent to a 10th Dan of other schools, since these Shotokai 5th dan (in some cases) are achieved in much shorter times than those for the 10th Dan, supposedly equivalent. Well..., data, opinions, thoughts...

We must also take into account for the proper understanding of the subject, the fact that some Grand Masters have inherited the rank of 10th Dan as leaders following their founding fathers. That, on one hand can take away merit for holding that degree, but on the other hand gives them the unique experience of a lifetime learning alongside those founding fathers and having received a unique teaching and example. No doubt their learning and understanding should be considered higher, both in quantity and quality. However, there are cases for all tastes and without giving names, let me just say that there are examples where the passage of generations has been a clear decline in the quality of the Soke. There will be other cases where it has been an increase and the fact is that the degree, in either case, should be respected and well accepted for having been received from such important people. Or are we to question the decisions of the founders?

The importance of age is vital and it is highly regarded. In Okinawa it is still customary for the oldest living student of a founder or soke to wear a red belt instead of black, etc. In other cases, however, that custom is transferred to the highest degree awarded, 9th, 10th Dan.

There have also been some who have been promoted to a higher degree posthumously, in the case of some karatekas of a very high rank and having been many years in the rank they had when they died. It is not an honorary degree, but a real, operational, updated degree, just for the annals of history. As an example, in the case of 10th Dan, Choshin Chibana, Teruo Hayashi, Shozo Ujita, Shogo Kuniba; and in the case of 9th Dan, Keinosuke Enoda, Manzo Iwata. This is a custom in all organizations.

There are scholars of the history of Karate that consider the 10th Dan for Masters Hidetaka Nishiyama, Masatoshi Nakayama and Tetsuhiro Asai, but personally I guess that these are degrees awarded by an organization not too representative at a Japanese and global level, as a deserved (no doubt) reward for a tremendous work and with the purpose of making them enjoy the highest degree in the history of Karate. It is true that sometimes the achievement of the highest level by some people of lower degrees (perhaps for being granted more easily than in the past) shows a "void" of justice and equality in others and perhaps they have tried to "correct" it through them. Either way, it is

obvious that in the cases of Nakayama and Asai it would be posthumously.

Let's go on. Sometimes it happens that pupils surpass in "dan" to their masters. That is not only bad but it is also good, otherwise the ranking would go to fewer and fewer. On the other side, it can influence the fact that the student comes into the world of karate at an earlier age than the master did, that he practices it more and better, or even simply that he has best abilities and best skills to understand. It should be nothing but a reason of pride for the Sensei to have pupils of higher degree than him. This does not avoid that historical memory, justice, reality, etc.. will always recognize the master, to whom the pupil, regardless of his degree, owes being who he is.

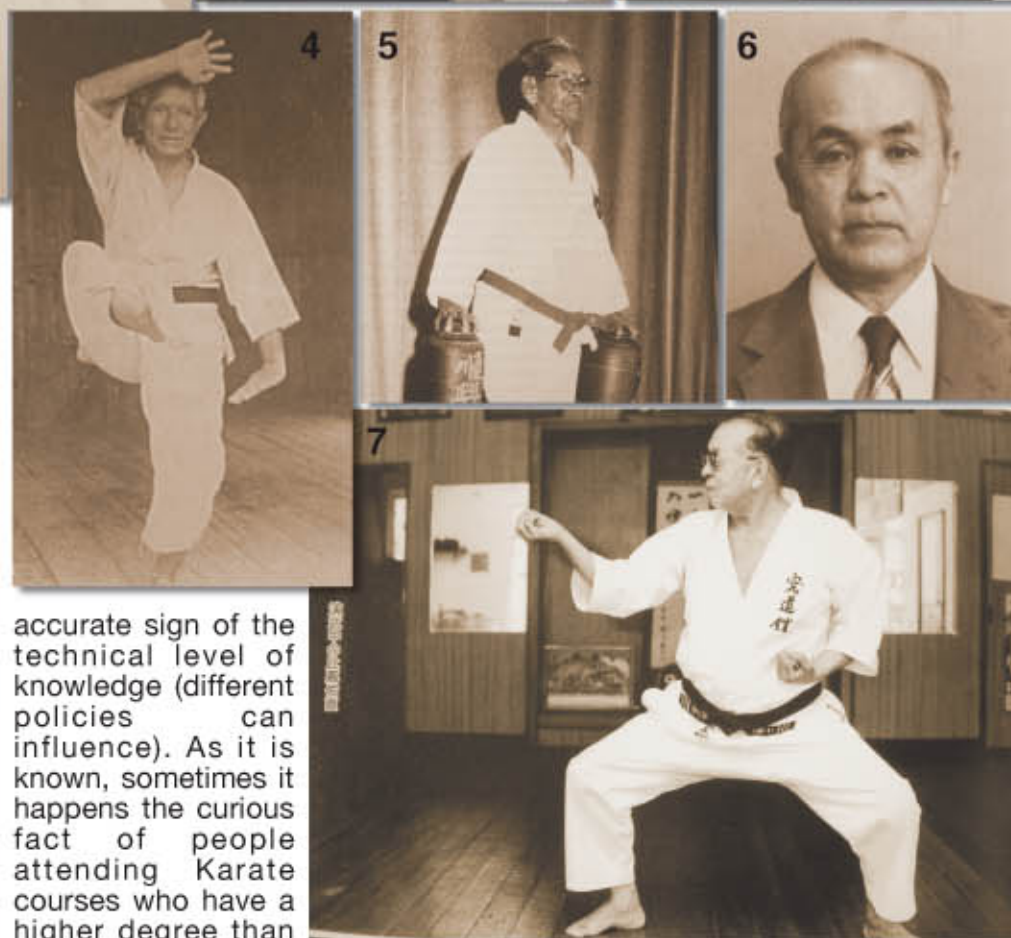
Sometimes the degree is not a real or





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1. Seikichi Toguchi, 10th Dan de Goju Ryu Shoreikan.
2. Chozo Nakama & Masahiro Nakamoto.
3. Kanei Uechi, leader of Uechi Ryu.
4. Seko Higa, 10th Dan of Goju Ryu.
5. Seiko Kina, celebrating his 73rd birthday.
6. Kei Miyagi, Chojun's son.
7. Yuchoku Higa, 10th Dan & Intangible of Okinawa.



accurate sign of the technical level of knowledge (different policies can influence). As it is known, sometimes it happens the curious fact of people attending Karate courses who have a higher degree than the person who is teaching the course, but everyone knows the level of the others.

I don't want to forget mentioning the courage of masters such as Kazuo Sakai (Wado Ryu) and especially Hirokazu Kanazawa (Shotokan), who accepted the 10th Dan (in both cases from the Kokusai Budo In-IMAF), breaking somehow that traditional symbol in Japanese and majority styles, also in the West. Until then, these highest categories seemed to be reserved to schools of smaller international presence and to karatekas successors of the founders.

And like everything in this life, also in the case of the high degrees of Karate there

are curiosities to mention. Let's see some cases. Tatsuo Suzuki has held the 8th Dan since 1975, that is, for more than 32 years, without having achieved the 9th Dan, something that absolutely nobody could reproach. Even the 10th Dan!

Shoei Miyazato was 9th Dan for many years and his Master Katsuya Miyahira "tried" long ago to grant him the 10th Dan. Miyazato did not accept it when he thought that there should be just one 10th Dan alive in each line of style and fortunately Miyahira was still alive... However, years later Miyazato was imposed the 10th Dan while Miyahira was still alive. Moreover, other Miyahira's students were promoted also to 10th Dan. Perhaps the best known is Seikichi Iha, who achieved this range in 2001.

Fumio Demura has been 7th Dan from 2nd November 1987, although at times some people attribute him the 8th Dan simply for justice. His distance from the Japanese headquarters of Itosu Kai and





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Sadaaki Sakagami (Master of Fumio, Ryusho Sakagami's son), were perhaps part of the reason. After the year 2000 Demura left the Itosu Kai. Meanwhile Sadaaki Sakagami expelled him, but in practice he had already been out for a long time (at other schools, we also see such expulsions on paper, to karatekas who are voluntarily out). Fumio Demura then created the Shito Ryu Genbu Kai and a whole arsenal of dojos and masters who were in the Itosu just for him went with him. On November 26, 2000 Master Sawabe, 9th Dan, old security man for Ryoichi Sasakawa and also originally belonging to Sakagami's Itosu Kai (from which he resigned to enter the Genbu Kai) grants directly Demura the 9th Dan. As we had said: simple justice. Ryoichi Sasakawa had placed Shigeru Sawabe in a Secretariat of the Japan Federation of Karate.

Another curious case is the one of the Wado Ryu Master, Masaru Shintani, who in 1974 was promoted to 8th Dan by Master Hironori Ohtsuka. The latter,

knowing his advancing age, left Shintani a title of 9th Dan signed for him to do it effective ten years later, imagining that he would not live longer (as it was the case).

We often think that they can only be 9th and 10th Dan in Karate traditional Japanese of a certain age. It's right for the age, because of the required years of practice to achieve these degrees, but ... only Japanese? Why? For being the only ones who can understand the spirit of Karate?

Sincerely and with much experience behind me, I must say that nowadays being a Japanese is not a guarantee for those values (although it is true that in that country they have not been so lost or forgotten as in the West), and being from the West doesn't necessarily excludes from being able to understand and develop it, (although it can be more difficult, unlikely or picturesque). I have met many and very clear examples, of both cases.

As for the necessary practice time it must be said that Karate has existed for many years in the West, enough to find Westerners with the rank of 9th and 10th Dan. Spanish as I am, I must say that, for example, in my country there is already a bunch of 8th Dan karatekas, even within the federation (Antonio Oliva, Faustino Soria, Antonio Torres, José Pérez, ...) that I assume they deserve this degree. They started in the 60s. Well, in other countries, especially in the U.S., there are karatekas that began (and still have not stopped their activity) ten or fifteen years before so, why wouldn't they have a 9th Dan or in some particular cases even a 10th Dan? Do not make the mistake of thinking that a 9th or 10th Dan look good for a Japanese but not for a Westerner. It doesn't depend on race but on dedication, understanding, study and feeling. As additional information, I must say that at his time Walter Todd (1927-1999) was the first Westerner to receive a "Dan" degree, which he got from Gichin Funakoshi, Isao Obata, and Hironori Ohtsuka. As for the 10th Dan, it seems that the first Westerner to get it was the American Peter Urban (Goju Ryu), but a very renown person in the traditional Okinawan world was Master Anthony Mirakian, who since the 50s has practiced in Okinawa under the direction of Meitoku Yagi, from whom he received the 9th Dan on October 21 1990.

More information: in Spain, an important country in Karate but not among the first Westerners to adopt the practice (as it was the case, for example, of the United States, France...) the current number of graduates with 8th Dan is four since June 2005, Antonio Oliva in Shotokan, and José Pérez, Faustino Soria and Antonio Torres, in

Shito Kai. Masters Yasunari Ishimi (Shito Kai) and Yosuke Yamashita (Goju Kai), who were 8th Dan from June 1995, were promoted to 9th Dan in 2005.

For example in France (Europe's leading country in terms of Martial Arts and major port of entry of many important Japanese pioneers in Europe), today there is only one 9th Dan in the heart of the French Federation of Karate. It is the pioneer of Wado Ryu and then creator of Yoseikan Budo, Hiroo Mochizuki.

Clarification: of course, when I speak of Traditional Karate, I have in mind only those who understand and practice it with all its technical ingredients (kata, established techniques in pairs, kihon ...), etiquette and protocol, history and philosophy, ethical and moral values. That is, I don't consider Traditional Karate Do that eclectic Karate, lacking those ingredients and just based on physical training of kicks and punches, which is not included within any of the established Japanese schools. Therefore, for the basis of this research, I won't consider the karatekas who practice and understand this martial art in that eclectic way. With all my respect on the other hand, I leave out of the list some people like James Toney, Keith Yates, Royce Young, Richard Jenkins, Charles Bouton, Thomas Muncy Jr., Pat Burleson, Brian Dosset, Joe Hess, Check Norris, Leo T. Fong, Gary Wasniewski, Ray Word, Jerry Beasley, Joe Lewis, David Grago... who in some selected organizations hold the degrees of 10th and 9th Dan.

It is clear that there are many organizations, masters and degrees of indisputable worth working outside the federation, not just in any country, as in Spain, but also and especially in Japan, the birthplace and head of Karate Do.

Today, that respect and cohabitation among organizations is suffering a small disruption in Japan. The Japanese Karate Federation, as a member of the World Federation, is conducting a discrete crackdown on other entities, due to its sports interests and regarding the Olympics in 2016, which Tokyo hopes to host, Karate included. On a personal level everything is fine.

As a coda, I must just say that the degree of 10th Dan is mythologized within the Japanese Federation but not in Okinawan Karate, where it is considered a step further (perhaps in some cases, granted or self granted too freely). Any opinion? As in everything, there will be controversy, but beyond it there is what there is... and what we have seen and investigated in this research is what there is.

The following listings are only the best examples of high grades

1. Hironori Ohtsuka II & Salvador Herráiz en Tokyo en 1987.

2. Goju Ryu Grand Master Gosei Yamaguchi, Gogen's son.

3. Hiroo Mochizuki, 9th Dan of the French Karate Federation.

4. Shoei Miyazato, 10th Dan & Katsuya Miyahira's student.

5. Choboku Takamine, 10th Dan & Seko Higa's Student.

6. Hirokazu Kanazawa, 10th Dan

Shotokan, & Salvador Herráiz, in Las Vegas (Nevada).

7. Morio Higaonna, 10th Dan Goju Ryu.

8. Tatsuo Suzuki, 8th Dan since more than 30 years, He has refused the 9th & the 10th Dan.

9. Dominique Valera, 9th Dan of the French Karate Federation.

10. Salvador Herráiz & Master Hiroshi Seki, 9th Dan Yamato Ryu he was student of Hironori Ohtsuka & Kenwa Mabuni.

11. Toru Arakawa, 9th Dan Wado Kai.

12. Hidi Oichiai, Kenzo Mabuni (Kenwa's son) & Salvador Herráiz.

13. Tak Kubota, 10th Dan Gosoku Ryu.

14. Fumio Demura, 9th Dan Genbu Kai Shito Ryu.

15. Ken Funakoshi, 9th Dan Shotokan & family of Gichin Funakoshi.

16. Forward, Masters 10th Dan Shoshin Nagamine, Seikichi Uehara, Choboku Takamine & Katsuya Miyahira.

17. Katsuya Miyahira, 10th Dan Shorin Ryu.

18. Tetsuhiro Hokama, 10th Goju Ryu, Seko Higa & Seiko Fukuchi's Student.



History

Karate-do

10th DAN LINE OKINAWA SHORIN RYU

PRIZED LINE-MASTER

Choshin Chibana
Shigeru Nakamura
Kenko Nakaima
Tsuyoshi Chitose
Hohan Soken
Shian Toma
Takehiro Konishi
Katsuya Miyahira
Shuguro Nakazato
Shoshin Nagamine
Yuchoku Higa
Fusei Kise
Shosei Kina
Eisuke Akamine
Eizo Onishi
Joan Nakazato
Yoshihide Shinzato
Seiken Shukumine
Seikichi Uehara
Seikichi Odo
Yuichi Kuda
Shinei Kaneshima
Eizo Onishi
Seiyu Oyata
Eizo Shimabukuro
Seikichi Iha
Sokuichi Gibu
Takashi Miyagi
Tatsuo Shimabukuro
Takeshi Miyagi
Shoei Miyazato
Minoru Nakazato
Hiroyasu Tamae
Zenryo Shimabukuro
Mamoru Yamamoto
Kensei Taba
Ankichi Nakamura
Takashi Hanshi
Kichiro Shimabukuro
Isao Ichikawa
Yoshimasa Matsuda
Tak Kubota
Hiroyasu Tamae
Isamu Tamotsu
Kiyonoyi Shiroma
Richard Kim
Angi Uezu
Maseru Inomoto
Takayoshi Nagamine
Kunihiko Tosa
Minoru Higa
Tokumasa Miyagi
Kangen Toyama
Heihachiro Okada
Zempo Shimabukuro
Masahiro Nakamoto
Pat Nakata
Joki Uema
Shosei Kina

Anko Itosu
Yabu & Hanashiro
Norisato Nakaima
Kyan & Arakaki
Nabe Matsumura
Seiki Toma & Shinjato-Kyan
Yasuhiro Konishi
Chibana & Kyan & Motobu
Choshin Chibana
Kyan & Arakaki & Motobu
Jiro Shiroma
Hohan Soken & Eizo Shimabukuro
Itosu & Yabu
Shinken Taira
Kanken Toyama
Chotoku Kyan
Chibana & Miyahira & Eizo Shimabukuro
Kishimoto & Satoyama
Choyu Motobu
Shigeru Nakamura
Shigeru Nakamura & Yamashiro & H. Soken
Shinbi Kaneshima & Ishimine
Kanken Toyama & Juhatsu Kiyoda
Shin Su Ho Ryu-Seitoky Higa
Chotoku Kyan-Kangen Toyama
Miyahira & Chibana
Nakazato & Chibana
Shuguro Nakazato
Chotoku Kyan
Miyahira & Shoei Miyazato
Katsuya Miyahira
Shuguro Nakazato
Shinpan Gusukuma
Chotoku Kyan
Tsuyoshi Chitose
Shoshin Nagamine
Chozo Nakama
Nakazato & Chibana
Tatsuo Shimabukuro
Kanken Toyama & Eizo Shimabukuro
Shuguro Nakazato
Kanken Toyama
Shinpan Gusukuma
Chotoku Kyan-Zenryo Shimabukuro
Seikichi Uehara
Hiroschi Kinjo
Tatsuo Shimabukuro
Chitose
Shoshin Nagamine
Shukumine
Yuchoku Higa
Yuchoku Higa
Itosu Anko
Chomo Hanashiro
Zenryo Shimabukuro
Chibana-Miyahira
Nishioka
Chibana-Kian
Itosu-Yabu

PRIZED LINE-MASTER

Hirokazu Kanazawa
Tetsuhiko Asai
Masatoshi Nakayama
Teruyuki Okazaki
Hironori Ohtsuka
Jiro Ohtsuka
Kazuo Sakai
Yoshio Kawaguchi
Makoto Gima
Tsuneoyoshi Ogura

Gichin Funakoshi
Masatoshi Nakayama
Gichin Funakoshi
Gichin Funakoshi & Nakayama
Funakoshi & Motobu
Hironori Ohtsuka
Hironori Ohtsuka
Hironori Ohtsuka
Gichin Funakoshi
Makoto Gima

10th DAN SHOTOKAN Y WADO RYU

PRIZED LINE-MASTER

Hirokazu Kanazawa
Tetsuhiko Asai
Masatoshi Nakayama
Teruyuki Okazaki
Hironori Ohtsuka
Jiro Ohtsuka
Kazuo Sakai
Yoshio Kawaguchi
Makoto Gima
Tsuneoyoshi Ogura

Gichin Funakoshi
Masatoshi Nakayama
Gichin Funakoshi
Gichin Funakoshi & Nakayama
Funakoshi & Motobu
Hironori Ohtsuka
Hironori Ohtsuka
Hironori Ohtsuka
Gichin Funakoshi
Makoto Gima



Eizo Shimabukuro.

10th DAN LINE OKINAWA SHOREI (GOJU)

PRIZED LINE-MASTER

Seiko Higa
Yamaguchi Gogen
Shozo Ujita
Meitoku Yagi
Tsuneoyoshi Ogura
Masanobu Shinjo
Masutatsu Oyama
Shinpo Matayoshi
Chuboku Takamine
Eichi Miyazato
Anichi Miyagi
Shuichi Arakaki
Seikichi Toguchi
Seikichi Higa
Tetsuhiro Hokama
Eiko Miyazato
Tetnosuke Yasuda
Yoshio Hichiya
Koshin Iha
Nanko Minei
Kanki Izumikawa
Shoshui Ichikawa
Masafumi Suzuki
Shigeru Oyama
Meitatsu Yagi
Choju Kiyuna
Yoshio Itokazu
Goshi Yamaguchi
Tomu Arakawa
Kosei Wakugawa
Morio Higaonna
Seiko Kina
Gonnohyoue Yamamoto
Hisatada Yabe
Kei Miyagi
Gosei Yamaguchi
Seitoku Matayoshi
Kinei Nakasone
Meitatsu Yagi

Chojun Miyagi
Maruta & Chojun Miyagi
Yamaguchi Gogen
Chojun Miyagi
Gogen & Gima & Miyagi & Kyan & Yabu
Toguchi & Yagi
Nei Chu So & Gogen
Shinko M. & Seiko Higa
Seiko Higa
Chojun Miyagi
Chojun Miyagi & Miyazato
Chojun Miyagi
Miyagi & Seiko Higa
Seiko Higa
Seiko Higa & Fukuchi
Chojun Miyagi
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Seiko Higa
Kanki Izumikawa
Yamaguchi Gogen
Masutatsu Oyama
Meitoku Yagi
Seiko Higa
Eiichi Miyazato
Gogen Yamaguchi
Kanki Izumikawa (& Miyahira)
Hiroschi Shinjo & Eiichi Miyazato
Anichi Miyagi & Miyazato
Chojun Miyagi
Gogen Yamaguchi
Gogen Yamaguchi
Chojun Miyagi
Gogen Yamaguchi
Seko Higa-J. Tamaki
Seikichi Toguchi
Meitoku Yagi

10th DAN UECHI RYU

PRIZED LINE-MASTER

Kane Uechi
Ryuko Tomoyoshe
Shintoku Takara
Kanmei Uechi
Shigeru Takamiyagi
Shinyu Gushi
Seiko Toyama
Seiki Itokazu
Nobuhide Asato
Susei Maeshiro
Tsutomu Nakahodo

Kambun Uechi
Familia Uechi
Familia Uechi
Kane Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Seiki Itokazu
Kane Uechi

10th DAN SHITO RYU

PRIZED LINE-MASTER

Ryusho Sakagami
Chojiru Tani
Yasuhiro Konishi
Kosei Kuniba
Yoshinao Nambu
Kunio Tatsuno
Kane Uechi (no de Uechi)
Teruo Hayashi
Shogo Kuniba
Noritaka Nakaima
Seitoku Matayoshi
Hideyuki Ashihara
Masaharu Sakimukai
Shigeru Kimura
Takehiro Konishi
Toshio Kaneta
Kenei Mabuni
Kenzo Mabuni

Kenwa Mabuni
Kenwa Mabuni
Mabuni & Motobu & Miyagi
Kenwa Mabuni
Chojiru Tani
Kosei Kuniba
Kenwa Mabuni & Shigeru Nakamura
Kenko Nakaima & Nagamine
Kenwa Mabuni
Kenko Nakaima
Choju Kiyuna
Masutatsu Oyama
Shogo Kuniba
Chojiru Tani
Yasuhiro Konishi
Kuniba & Tatsuno
Kenwa Mabuni
Kenwa Mabuni

9th DAN LINE OKINAWA SHORIN RYU

PRIZED LINE-MASTER

Sele Nakaza
Kenpo Kinjo
Masahiro Nakamoto
Nobutake Shinwake
Yasuhiro Uema
Kenyu Chinen
Oscar Higa
Katsumi Murakami
Maseru Yonamine
Maseru Higa
Aaagon Naabaru
Matsuo Kannori Sakon
Hidemi Tamayose
Masami Tsuruoka
Chosei Motobu
Kiyonoyi Shiroma
Maseru Inomoto
Kunihiko Tosa
Tokumasa Miyagi
Kensei Kinjo
Masanao Takazawa
James Miyagi
Michiro Kimura
Shigehide Akamine
Isamu Arakaki

Nakazato
Nakazato
Chibana
Kanken Toyama
Miyahira
Miyahira
Jutatsu Higa
Chibana & Kiyoda & Inoue
Nakazato
Nakazato
Shuguro Nakazato
Seikichi Uehara
Akamine
Chitose
Hnos. Motobu & Uehara
Seikichi Uehara
Chitose
Shukumine
Yuchoku Higa
Choshin Chibana
Kanken Toyama & Kyan
Pat Nakata
Heihachiro Okada
Shoshin Nagamine
Yuchoku Higa

9th DAN LINE OKINAWA SHOREI (GOJU)

PRIZED LINE-MASTER

Kenzo Uchiage
Eiki Kurashita
Yosuke Yamashita
Sigetoshi Senaha
Masanori Kikukawa
Tadahiko Ohtsuka
Choyu Hentona
Koei Teruya
Shinzo Chinen
Seikichi Kinjo
Yoshihide Omene
Kenei Shimabukuro
Ryosei Arakaki
Masao Yamazaki

Gogen
Seiko Higa & Choyu Kiyuna
Yoshihiro Urakawa & Gogen
Meitoku Yagi
Eiichi Miyazato
Shoshui Ichikawa
Seikichi Toguchi
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Eiichi Miyazato
Masafumi Suzuki

9th DAN SHOTOKAN Y WADO RYU

PRIZED STILE

Fusajiro Takagi
Isao Fukui
Keiichi Hasumi
S. Sugano
Kmio Ito
Eiichi Eriguchi
Maseru Shintani
Koji Takamatsu
Masufumi Shiomitsu
Kiyoshisa Hirano
Ikuo Iguchi
Hajimu Takashima
Toru Arakawa
Shiro Asano
Hiroschi Shoji
Hidetaka Nishiyama
Jiro Takahashi
Hideo Teji
Mamoru Furabashi
Motokuni Shugiura
Hiroo Mochizuki
Hiroschi Seki
Ken Funakoshi
Yutaka Yaguchi
Yasutaka Tanaka
Maseru Miura
Shuichi Sagara

Gichin Funakoshi
Funakoshi & Nakayama
Funakoshi & Nakayama
Masatoshi Nakayama
Masatoshi Nakayama
Hironori Ohtsuka
Hironori Ohtsuka
Hironori Ohtsuka
Ohtsuka & Suzuki
Yoshio Kawaguchi
Shinken Gima
Hironori Ohtsuka
Hironori Ohtsuka
Nakayama & Kanazawa
Nakayama
Funakoshi
Hironori Ohtsuka
Hironori Ohtsuka
Hironori Ohtsuka
Nakayama
Shinji Michihara
Otsuka-Mabuni
Kanazawa-Asai
Nakayama-Okazaki
Nakayama
Nakayama
Nakayama

Karate-do

History



9TH DAN UECHI RYU

PRIZED

Yasuo Shimoji
Shinki Satoru
Kosuke Yonamine
Katsuyoshi Higa
Yonaha
Susumu Tamamura
Hiroshi Inada
Ken Nakamatsu
Nobumasa Omine
Kaoru Miyagi
Toshio Higa
Yukinobu Shimabukuro
Seisho Itokazu

LINE-MASTER

Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi
Familia Uechi

9TH DAN SHITO RYU,

PRIZED

Ken Sakio
Tokio Hisatomi
Shigeru Sawabe
Fumio Demura
Yoshiaki Tsujikawa
Hiroshi Seki
Sadaaki Sakagami
Haruyoshi Yamada
Yasunari Ishimi
Miura Hanchi
Shoen Fukuda
Tsuguo Sakumoto
Seiko Suzuki
Kazuo Kokubun

LINEA-MASTER

Kenwa Mabuni
Kenwa Mabuni
Ryusho Sakagami
Sakagami & Sawabe
Kenwa Mabuni
Mabuni & Ohtsuka
Ryusho Sakagami
Chojiru Tani
Tsujikawa
Ryusho Sakagami
Ogasawara
Kenko Nakaima
Ryusho Sakagami
Kenwa Mabuni

FOREIGNERS WITH 10TH DAN

PRIZED

Peter Urban
Jon Bluming
Claudio Gonzalez
Sid Campbell
David Grago
Henry Plee
Joe Lewis
Donald Swansey
Christian Harfouche
Gary Alexander
Don Tagle
Gerardo Cantore
Ron Van Clief
Frank Schneider
Kenneth Balliet
Jhon Urwiefenigwer
Dan Hansel
Rod Sacharnosky
Edgard Vericken
Frank Sanchez
Steve Armstrong
Rudy Crosswell
Bill Solano
Donald Buck
Harold Long
Meru Oakley
Kenneth Penland
Tamas Weber
Jorge Sosa
Christian Hargouche

STILE

Goju Ryu
Kyukushinkai
Goju Ryu
Shorin Ryu
Shorin Ryu
Shotokan-Genbukai
Shorin Ryu
Seibudo
Shorite
Isshin Ryu
Isshin Ryu
Shinshikan
Goju Ryu
Kosakai
Shorinji Ryu
K. Jitsu
Shorin Ryu
Juko Kai
Goju Ryu
Sanjitsu
Isshin Ryu
Shito Ryu
Shorin Ryu
Kyokushinkai
Isshin Ryu
Goju Ryu
Shorin Ryu
Sanshinkan
Shito Ryu
Shorite

FOREIGNERS WITH 9TH DAN

PRIZED

Anthony Mirakian
Chuck Merriman
Steve Arneil
Ilija Jorga
Nick Adler
George Mattson
Harry G. Smith
Bruce Heilman
Philip Koopel
Roland Habertsetser
Jerry Pidington
Archie Alexander
Bobby Lowe
Hugh Kelley
Gerard Gondeau
Rick Moneymaker
John Townsley
Mike Foster
George Anderson
Joseph Ruiz
Jhon Roseberry
George Alexander
Richard Gould
Pedro Fattore

LINE-MASTER

Goju Ryu
Goju Ryu
Kyokushinkai
Shotokan
Isshin Ryu
Uechi Ryu
Isshin Ryu
Odo
Goju Ryu
Shoto-Genbu
Shotokan
Goju Shorei
Kyokushinkai
Kuniba Kai
Kyokushinkai
Tori Te
Eizo Onishi
Chito Ryu
Seibukan
Koto Shito Ryu
Goju Shoreikan
Shorin Ryu
Shotokan
Shorin Ryu

INTANGIBLES OF KARATE

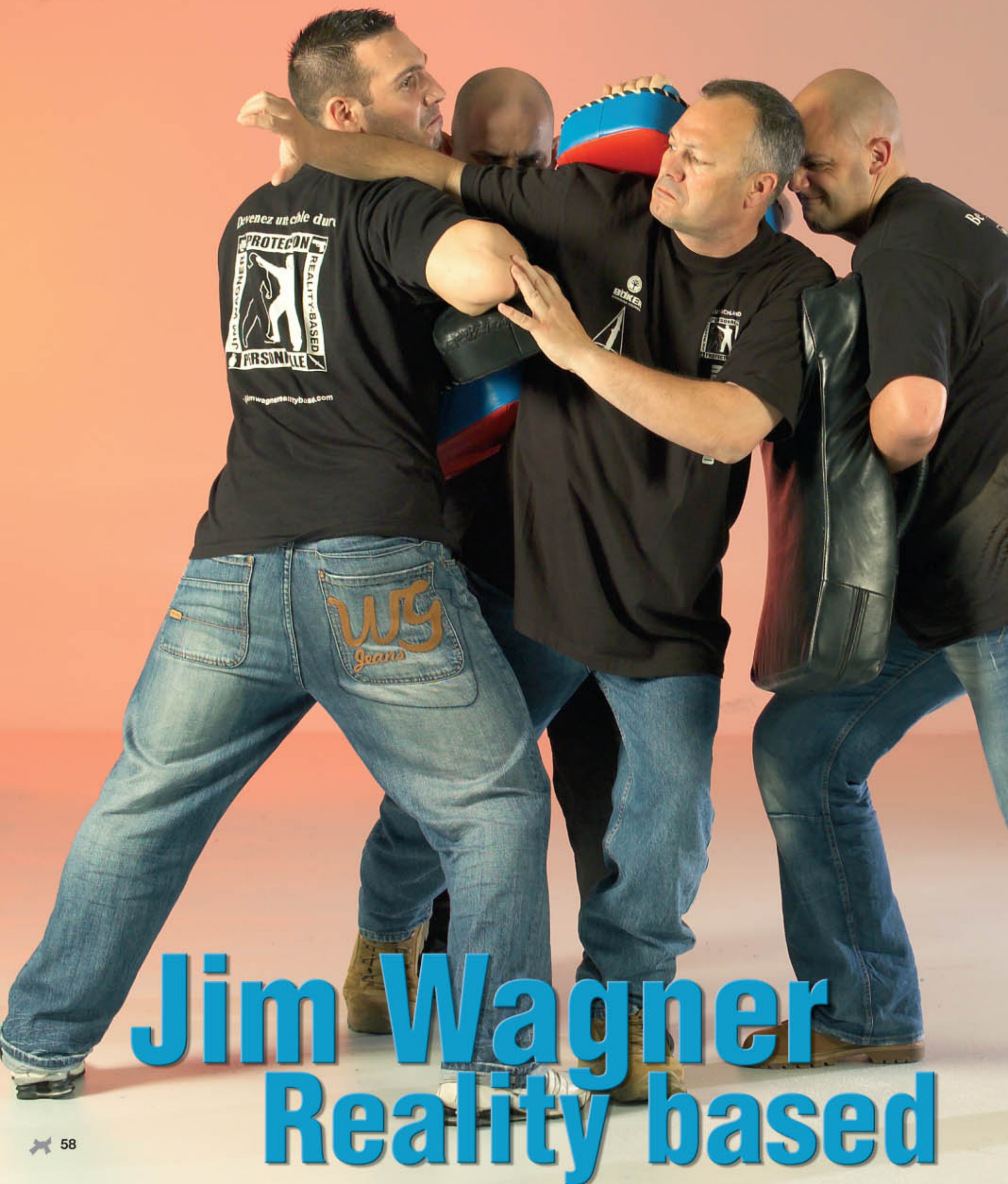
The award of "Intangible Assets of Okinawan Karate" begins to be given in the opening ceremony of the new Budokan in Naha, on 21 to 25 August 1997. The Governor of Okinawa Prefecture, Eiichi Ohta, rewards then the Okinawan of 10th Dan, some of them posthumously, and awards the first "Intangibles", an award that has been followed in subsequent years. (In brackets, the ages in each of the anniversaries)

	Date Birth.	Start Karate	Master Mainl	Date 10 th Dan	Date Intangible	Date Death.
Shuguro Nakazato	1920	1935 (15)	Ch. Chibana	1980 (60)	2000 (80)	----
Katsuya Miyahira	1918	1933 (15)	Ch. Chibana	1978 (60)	2000 (82)	----
Meitoku Yagi	1912	1927 (15)	Ch. Miyagi	1977 (65)	1997 (85)	2003 (92)
Kosei Wakugawa	1926	1948 (22)	H. Shinjo E. Miyazato	1994 (68)	2000 (74)	----
Koshin Iha	1925	1939 (14)	Ch. Miyagi E. Miyazato	1980 (55)	2000 (75)	----
Ryuko Tomoyose	1928	1948 (20)	Kanei Uechi	1999 (71)	2000 (72)	----
Joan Nakazato	1922	1937 (15)	Ch. Kyan	1989 (67)	2000 (78)	----
Seiki Itokazu	1915	1933 (18)	(Ch. Kyan) Kanei Uechi	1990 (75)	1997 (82)	----
Shoshin Nagamine	1907	1926 (19)	A. Arakaki	1975 (68)	1997 (90)	1997 (90)





Real Combat



Jim Wagner
Reality based



Multiple Attackers

www.jimwagnerrealitybased.com

Text: Sargento Jim Wagner

Photos: © www.budointernational.com

How to act in a situation of multiple attackers? This is without doubt one of the most important questions when formulating a system of self defense. Sergeant Jim Wagner, an internationally recognized expert in real combat situations, faces up to this issue and he suggests, besides some specific tactics, a well defined attitude, having in mind the things which work and the things which don't. In his last work in DVD he also shows a series of tactical training exercises, easy to perform, to get us ready for such an eventuality.

Jim Wagner has been called by several U.S. agencies to teach and conduct training programs for personnel in combat situation. He himself has led courses for major agencies and special units in Europe and today, with this work, he shows once again why he is where he is.





Exercise of Immediate Decision: 1. The student has a stock market upon the head that he prevents to see him. The instructor, holding stock-market, makes signs to the trainers so that they approach the student. 2. The student does not know what type of situation hopes to him. The instructor retires stock-market suddenly and one of the trainers begins to discuss. 3. When the student tries to calm N°1 trainer, N°2 trainer approaches with a knife of rubber training. The student decides to push N°1 trainer. 4. The student decides to apply the rule of disarmament of knife of Jim Wagner: 1°: He takes hold the hand that holds to the weapon 2°: 3° closes the distance: It demolishes 4°: It escapes. After escaping, the student can be placed in a different position and the exercise returns to begin.



Multiple Attackers Sergeant Jim Wagner

Compressed decision making time. That is the phenomena that you will experience when two or more people are attacking you at the same time. Events will automatically appear faster than normal and the ability of your mind to cope with the threats will be taxed. Fighting two or more attackers, even if they are unarmed, is definitely a "worse case scenario," yet there are some principals that you can learn that will help you survive which I will share with you based on

my military and police background, and 32 years in the martial arts.

Look for the Ambush

Situational awareness is the first step in avoiding a confrontation with multiple attackers. Criminals and terrorists are not ghosts; they do not just appear out of thin air. Your attackers will be somewhere in the environment that you are in and they are either waiting for you to enter their trap or they will approach you. Either way, if you are constantly scanning the area for suspicious acti-

vity you will probably detect them and have advance warning or at least have more reaction time. Too many people are absorbed in their thoughts and don't bother to look around and anticipate danger.

Ambush the Ambusher

I am an American soldier, and I am a tactics instructor for my Army Support unit. When my students walk into an ambush I teach them, as the Army doctrine dictates, to attack the attackers. The natural reaction when ambushed is to find cover and fight.

Jim Wagner Reality based

Report



Multiple Attackers

www.jimwagnerrealitybased.com





However, the enemy chose the location for specific fields of fire. Staying in a defensive position will just get everybody killed, and that is exactly what the enemy wants. The soldiers must pick a point, use all available fire power, and try to punch through the enemy line with decisive movement in order to escape. Likewise, if you have multiple attackers coming toward you, and you are trapped, perhaps you need to charge and attack the nearest attacker before all of them swarm you.

Do Not Get in the Middle

Whatever action you take do not get in between two attackers. We call this a "sandwich." The attackers are the two pieces of bread and you are the meat in between. Always place yourself in front of one attacker and the other one is behind him. This may take some flanking movements to keep the other one out of reach, but it is essential. If you end up in between two attackers your attention will be divided and you cannot fight two people at the same time.

Violence of Action

I have trained extensively with the United States Marines and one of their concepts I learned from them is what they call Violence of Action. This means that once you have decided on a plan of attack you carry it out with total commitment and completely overwhelm the enemy. Likewise, when two or more attackers are coming at you to harm you, and violence is imminent, you must commit to hard hitting tactics with 100% effort. A timid response will not be enough for such a life threatening event. In your fierceness you will either defeat your attackers, make them back off, or you die in the process. Losing is not an option.

Deadly Force Techniques

If two or more attackers intend to do me harm I may give them a warning to back off, but if they proceed to come in at me I will use deadly force. Deadly force is a legal term that means that you are in fear of your life,

"No matter who is the 'victim' all of the fancy martial arts techniques disappear and virtually all of the students resort to only the very basic of techniques such as simple hard hitting forward strikes, the front kick and maybe a knee"

or of great bodily injury, and the only option available to you is to do the same to your attacker.

When I teach my Level 1 Reality-Based Personal Protection course Crime Survival in Europe, North America, or Australia I have each student go up against two attackers in a contact fight. The victim is at one end of the room and must get out the front door that is blocked by the two attackers who will try to keep him or her from escaping.

No matter who is the "victim" all of the fancy martial arts techniques disappear and virtually all of the students resort to only the very basic of techniques such as simple hard hitting forward strikes, the front kick and maybe a knee. There are almost no kick combinations used, I almost never see an elbow strike, once in a while a student will do a head butt, and kicks above the pelvic are nonexistent. When my students are up against multiple opponents they go with conservative techniques, not because I tell them to, but because of

compressed decision making time. The situation forces them to go simple.

However, most of my students when thrown into this situation use impact force (in legal terms it is reasonable force). Out of every 20 students only about 2 will make it out the door. The rest are taken down. In any given class my students include Special Forces soldiers, police SWAT Team operators, Krav Maga instructors, Karate black belts, doormen, security agents, and beginners. After all of the fights, and most of the class did not get out the door going up against two determined attackers, I tell my students and future instructors that this is a deadly force situation and they must use deadly force techniques: eye gouges and throat strikes, and knee breaks to stop the pursuit. Of course, having a weapon, legal or improvised, is a MUST when going up against two attackers even if they are unarmed. Most criminals are armed so you had better have a good weapon even if it is only a business metal pen with a very sharp point.

New Jim Wagner DVD

Again Budo and I have got together and made a new DVD titled Multiple Attackers. In this DVD I, along with Pete Lee of the United Kingdom and Christophe Besse of France, show step-by-step how to survive multiple attackers. We also demonstrate many conflict exercises that will help you be a better Reality-Based fighter.

Be A Hard Target.

Sergeant Jim Wagner is a police and military defensive tactics instructor and the father of the Reality-Based self-defense movement. For more information about seminars with Jim Wagner or his directors visit www.jim-wagnerrealitybased.com



Jim Wagner Reality based



Multiple Attackers

www.jimwagnerrealitybased.com



Maneuver against-sandwich: 1. Two hostile men approach Jim Wagner. He begins to moving towards a side, not to be in the middle of both. 2. You must try that always there is an attacker between your and second attacker, in the middle to avoid keeping like in a sandwich. 3. He attacks the attackers if the option to escape immediately is not possible. It is not the moment for applying technical sport, but technical of lethal force. 4. The attack to the eyes is better than the punches. 5. Always try to escape if you have to face to attacking manifolds. Upper photo : Sugar a full hand of a package of the pocket and a good metal ball-point pen can mark the difference between surviving a conflict with attacking manifolds or finishing wounded or dead.





USA

The 2009 Ocean State

Text & Photos: *Ken Huor*



Grand Nationals Karate Championship

The 2009 Ocean State Grand Nationals held on April 3-5 in Warwick, Rhode Island. It turned out to be a huge international tournament as well as a very well-supported tournament by the NASKA tournament circuit and the KRANE circuit. The event was once hosted by Master Don Rodrigues, the promoter of OSGN, has been very successful in all these past years hosting the OSGN. Also, since this tournament is KRANE sanctioned, it really gave a chance for Don Rodrigues' students as well as KRANE competitors to step up and face the top seeded competitors on NASKA and challenge their skills. This year's tournament was graced with the presence of many Europeans who came to dominate the fighting divisions in which Americans usually compete only against each other.

The Friday night elimination started off with heated competition. In the youth categories, Sammy Smith, Mackensi Emory, Amanda Chen, Dayna Huor, Tyler Weaver, Cole Eckert, Donovan Sheehan and many other NASKA veterans as well as new faces faced against each other in their divisions, determined to

advance to the grand champion runoffs which would be held the next day on Saturday in the afternoon. Dayna Huor unexpectedly defeated Mackensi Emory in 3 of the 4 divisions but the prodigy fought back by winning creative weapons. Cole Eckert, Amanda Chen, Sammy Smith, Becca Ross, and Audrey Donihoo succeeded well in the forms and weapons divisions while Donovan Sheehan, Austin Crain, Matt Jones, and Cole Eckert were victors in their divisions as well. Marc Canonizado proved his perfection was true as he won his musical and extreme forms categories. On top of that, he impressed the audience and his competition as he defeated his JPM teammate Kalman Csoka in musical weapons. Canonizado came very close to ending a good night with all victories, but unfortunately dropped his kamas, which allowed Josh Kahan to come out on the top. Team 100 Percent was the winner of the team demo competition while Team Paul Mitchell's Marc Canonizado and Caitlin Dechelle won the team synchronized forms division.

The Europeans made a good first impression by winning the men's team fighting and overcoming the obstacles of the top NASKA fighters including Team Wasuru, Team Paul Mitchell, and Team Straight Up.

Top Team Europe climbed their way up to victory as they defeated Team Paul Mitchell's fighters which were Greg Betlach, Alex Lane and Elias Lemon, Team Wasuru's Niko Negrón, Jason Grenier, and Ross Levine. JPM's match came down to a score of 12-8 and Team Wasuru's match came down to a respectable score of 12-11. So in the end, Top Team Europe ended up being the victorious winners of men's team fighting. The next morning Kalman Csoka decided to take his revenge by winning the traditional weapons division. Unexpectedly in creative weapons, Csoka dropped his sword. His competition including Ross Levine, Will Cornell, and Jarett Leiker took this opportunity to become the winner of that division. An unfortunate slip from Levine cost his first place position. Are you wondering who won? Well, surprisingly in the end, Nick Schneider put down a very clean performance which earned him his first place.

Dayna Huor swept her competition by winning both the creative/extreme forms division and the traditional forms division in her runoffs, which gave her a spot in the 13 and under forms grand championship along with Tyler Weaver and Cole Eckert. Tyrei Brown and Becca Ross both tricked their

way to the finals with their extreme forms while Olivia Wicker and Lawrence Collymore punched their way to the finals as well. Mackensi Emory found her spot in the finals as well as Sammy Smith and Jackson Rudolph. Jennifer Espina and Caitlin Dechelle worked their way to compete in the women's forms competition while Will Cornell, Patrick Underwood, Josh Kahan and Marc Canonizado earned their spots in the men's grand championship. Marisa Mayer and Nicole Pelland dominated in the women's fighting divisions and runoffs and would have to have a match with each other at the night show for the women's sparring grands. Damain Rodriguez, Harold Schmidt, El-Java Abdul-Qadir and Ross Levine were the top 4 fighters to compete for the men's sparring grands.

For the opening demo, Team 100 Percent put 100% into their opening performance as winners of the demo team competition the night before. After that was the 13 and under forms overall grand championships. Tyler Weaver, the 1st competitor of the evening, wowed the crowd as he flipped and punched with great enthusiasm. Dayna Huor, feeling a little bit of pressure from Weaver's performance, gave it her all as she showed her great intensity as well as her clean acrobatic skills. Cole Eckert was last up performing his hard style traditional form, ending with a strong yell. After the scores, it was Dayna Huor who came out on top with a score of 49.95, giving her the first overall grand championship title of the evening.

Next up was the 14-17 forms grand championship with Tyrei Brown, Olivia Wicker, Becca Ross and Lawrence Collymore as the competitors. Becca Ross kicked off the division with her amazing tricks that put the audience in awe. Lawrence Collymore, though it was his first time on stage, gave it his all in his traditional form and hoped for the best. Olivia Wicker followed him with yet another clean and strong traditional form. Tyrei Brown, last up, gave a stunning performance with his high flying acrobatics and fast punches. In the end, Tyrei Brown got well-deserved scores and won his division.

After that came the women's sparring grand championship. Nicole Pelland faced Marissa Mayer who were both from Rhode Island and both eager to win the title. After giving it all she had with head shot kicks and blitzes, Mayer ended up defeating Pelland with a score of 10 to 6 which then made Mayer undefeated in NASKA sparring for the year with her second title of the year.

The next heated competition was the 13 and under weapons grand championships. Mackensi Emory was the first competitor to go up. Emory started off with a fast, stunning form but ended up dropping her kamas. She still showed that she had great showmanship by finishing her kama form.

Sammy Smith and Jackson Rudolph both performed their traditional bo forms with great effort and strength. Sammy Smith victoriously won the title over Rudolph and Emory.

Team Europe was once again set up for a match against Team USA. Team Europe included Harald Schmidt, Drew Neal, Robbie Hughes, and Zvonko Gribl while Team USA consisted of Greg Betlach, Ross Levine, Joey Greenhalgh, and Elias Lemon. The very first



match was between Drew Neal and Greg Betlach which ended up with a score of 5 to 2, putting USA in the lead. Next up was Joey Greenhalgh and Robbi Hughes, who stayed on their feet the whole time. But Greenhalgh didn't let the USA's lead slip up when he added the score to be 9 to 4, keeping USA in it's position. Ross Levine and Harald Schmidt were next up on the battlefield. With Levine's good strategy, he also kept USA's lead and put the score to 16 to 10, keeping USA in the lead. The final match was Elias Lemon and Zvonko Gribl. A lot of pressure was on Gribl's shoulders as he was the one responsible for putting Europe ahead of USA. But, in the end, Europe could not claim their victory, giving Team USA the title instead. But, the Europeans still had hope for Germany's Harald Schmidt for the men's sparring grand championship.

Going back to the weapons competition where Becca Ross, Austin Crain and Cory Lutkus were the competitors for the 14 to 17 weapons grand championship. Lutkus lashed out a very strong traditional bo form and surprisingly added music to his

performance. Unfortunately, Lutkus' bo slipped out of his hand in the middle of his form, putting him out of contention. Becca Ross was the following competitor, hoping not to make an unfortunate mistake also. She performed a flawless fast and powerful creative bo form. Up last was the small but dynamic Austin Crain who chopped and tricked his way to the end of his form, finishing with a strong yell. In the battle between the bo and kamas, the bo contender Becca Ross won with an outstanding performance.

The women's forms grand championship came down to two tough competitors: Caitlin Dechelle and Jennifer Espina. Espina showed her intensity and strength in her traditional Japanese form, which made Dechelle a little more determined. Dechelle was off to a very good start, but, accidentally slipped and fell on her head making Espina the winner of this segment.

In the men's sparring grand championship, it came down the Harold Schmidt and Damian Rodriguez. At first, Schmidt started off with a whacking roundhouse kick to Rodriguez's head, giving him two points, which made Rodriguez a little more cautious and strategic. But, after a little while, even good strategy was not good enough to escape Schmidt's speed and long legs. The match ended with a score of 8 to 2, allowing Schmidt to advance to the finals. The next match was Ross Levine and El-Java Abdul Qadir. Levine was given the victory placing him in the final match against Schmidt.

The adult weapons grand championship included Caitlin Dechelle, Nick Schneider, Marc Canonizado, and Kalman Csoka. In the end, Marc Canonizado won over Csoka and Schneider, who both unfortunately dropped, and Dechelle.

The men's forms grand championship was the last forms division of the night. Will Cornell started off with a clean traditional form. Patrick Underwood was second with an extreme form. Josh Kahan was confident his fancy tricks and fast punches could top off Underwood's performance as he did his musical form. Marc Canonizado performed yet another perfect musical form and, once again, Canonizado grabbed the title.

The men's sparring finals made people bite their nails and sit on the very edge of their seats. The match was between Ross Levine and Harold Schmidt. Levine was the defending champion while Schmidt was the newcomer. In the end, Schmidt became the new men's sparring overall grand champion and made his fellow Europeans proud. Everyone was very satisfied with the night time show, but, were the defeated competitors? Some were not, some were. They will no doubt go home motivated to win at the next tournament. Nothing however, could top off this year's 2009 Ocean State Grand Nationals.



THE 2009 OCEAN STATE



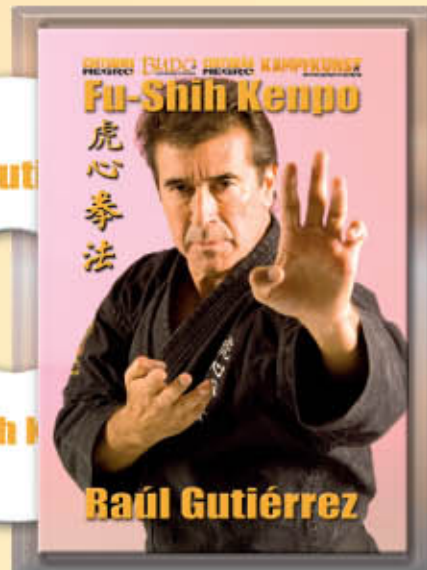


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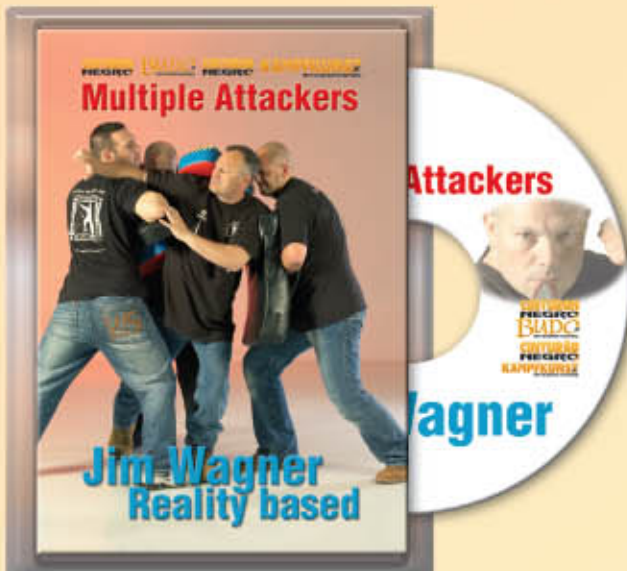


Yaron Lichtenstein began to learn Krav Maga at the age of 13. In 1978, he founded, supported by Imi Lichtenfeld, creator of Krav-Maga, the Bukan School, the only private school of Krav-Maga in Israel so far, and in 1994 he received the 9th dan diploma from Imi, being certified as the holder of the highest degree of the system. He has trained, among others, the Anti-Terrorist Unit of the Israeli police, the Army, and Elite units. In this first DVD he teaches and shows what he learned from his master Imi Lichtenfeld, which led to a revolutionary movement that has reached every corner of the world.

PRICE:
\$39,95
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NEW FOR THIS MONTH!!!



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During his 42 years of commitment to martial arts, his enthusiasm and his thirst for research led Raúl Gutiérrez to practice Judo, Karate, Kenpo, Kung-Fu, Tae-Kwon-Do, Full-Contact, and Kobudo, among others. Supported by 10 world titles, 2 United States Championships, 9 books, 17 videos, and participations in Films and Television, Raúl Gutiérrez made a technical purge of all his technical knowledge, and founded Fu-Shih Kenpo, "Tiger School". In this work, you will learn the basic combinations, the Octangle Theory, the first 10 Self-Defense techniques with their technical and tactical analysis, basic techniques for combat, Kata Dachi, The Tiger Defends, Twin Tigers and the Form of the Short Sticks, as well as free technical series.

Are you ready to defend yourself against multiple attackers?

Most martial systems are not realistic when dealing with this brutal situation that only a few can overcome. In this DVD, Jim Wagner shows the principles and techniques you will need to achieve it. Far from ridiculous knocks or helpful training partners, you will learn what this expert teaches to military units, police agencies and security companies around the world. You will learn how to stop an attacker, how to get out of an ambush, how to protect others, the surprise element, the use of weapons, and legal aspects. This is certainly the most realistic work which has been done on this subject so far.



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