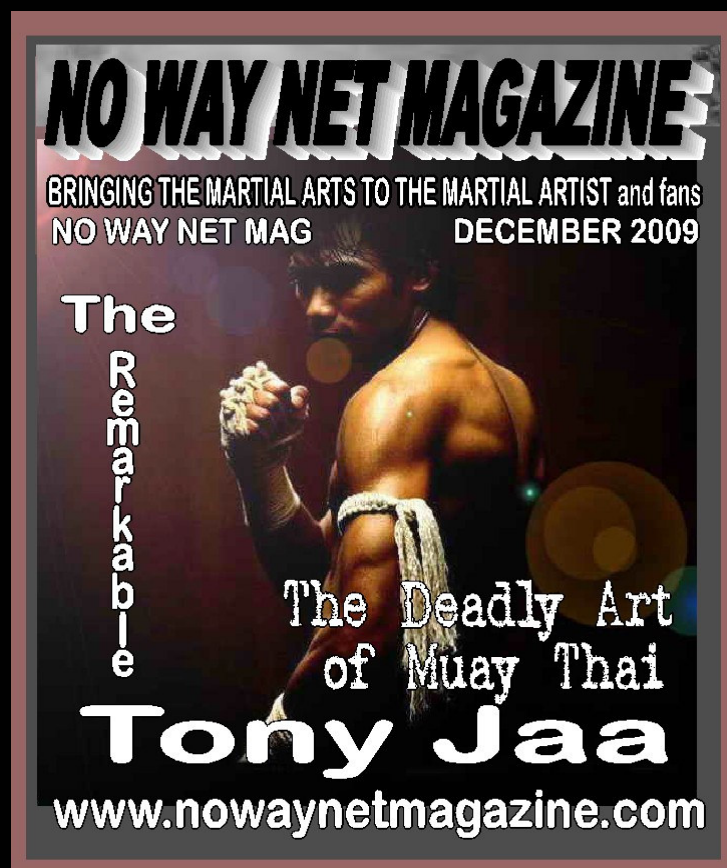


# No Way Net Magazine



***A Martial Arts Focused Search Engine***



**[www.nowaynet magazine.com](http://www.nowaynetmagazine.com)**

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# No Way Net Magazine



On the Cover

December 2009

**Muay Thai Superstar**



**Tony Jaa**



*A Note from the Editor*

No Way Net Magazine exists to be a guide to some of the best martial arts content on the web. We only try to showcase things we believe in, and intend to display content that enhances the cause of physical, mental and spiritual training. However, because a website or its subject matter appears here, it doesn't mean we sponsor or endorse it. Whatever you use is at your own risk. We find the best approach is to be careful, cautious and suspicious.

**Gina Carano iPhone Wallpapers**



<http://www.iphonespies.com/iphone-wallpapers/gina-carano-iphone-wallpapers/>

*No Way Net Mag*  
[www.nowaynetmagazine.com](http://www.nowaynetmagazine.com)

## The Art of Eight Limbs

Muay Thai is a form of hard martial art practiced in large parts of the world, including Thailand and other Southeast Asian countries. The art is similar to others in Southeast Asia such as: pradal serey in Cambodia, lethwei in Myanmar, tomoi in Malaysia and Lao boxing in Laos. Muay Thai has a long history in Thailand and is the country's national sport. Traditional Muay Thai practiced today varies significantly from the ancient art muay boran and uses kicks and punches in a ring with gloves similar to those used in Western boxing.

Muay Thai is referred to as "The Art of Eight Limbs", as the hands, shins, elbows, and knees are all used extensively in this art. A practitioner of Muay Thai ("nak muay") thus has the ability to execute strikes using eight "points of contact," as opposed to "two points" (fists) in Western boxing and "four points" (fists, feet) used in the primarily sport-oriented forms of martial arts. A practitioner of Muay Thai who is not of Thai nationality or race, is known as a Falang Nak Muay (foreign boxer).

Source: Wikipedia

## About Our Name

It's my philosophy on the Martial Arts and life in general, taken from my favorite philosopher.

"Use no way as way, having no limitation as limitation"-  
Bruce Lee

J Simmons

[jsimmonseditor@nowaynetmagazine.com](mailto:jsimmonseditor@nowaynetmagazine.com)

1 ANCIENT WON ENTERTAINMENT



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Wal-Mart Greeter - Internet Humor V2

MA Poetry & Philosophy - Bitter Rain

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Video Game News, Reviews - Tekken 6

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# Bulletin Board

Visit the Martial Arts  
Community at  
[www.kickgen.com](http://www.kickgen.com)

## 1st Puerto Rico Kyokuyama CUP

<http://67.19.125.34/events/266-1st-puerto-rico-kyokuyama-cup.html>

## THE SOUTHEASTERN OPEN MARTIAL ARTS TOURNAMENT

[http://www.usasmaa.com/smaa\\_open\\_martial\\_arts\\_tournament](http://www.usasmaa.com/smaa_open_martial_arts_tournament)

## SDSSMAA Hall of Fame US Qualifier

<http://67.19.125.34/events/126-sdssmaa-hall-of-fame-us-qualifier.html>

## Big List of Tournaments

<http://www.usadojo.com/kata/events-tournament.asp>

## 2009 NBL SUPER GRANDS

<http://67.19.125.34/events/179-2009-nbl-super-grands.html>

## THE LONE STAR OPEN

<http://www.lonestaropen.com/>

Get a complete list of Nationwide  
Karate tournaments at

<http://karatetournaments.com>

## 3rd Annual Philly Sports Extravaganza & Tokey Hill Challenge

<http://67.19.125.34/events/183-3rd-annual-philly-sports-extravaganza-tokey-hill-challenge.html>

## 6<sup>th</sup> Annual Battle of Champions

<http://www.chengsmartialarts.com/tournament.htm>

## The Martial Arts Tournament Site

<http://www.tmats.com/tournaments/index.php>

## SIDESWIPE WINTER CAMP XI

<http://www.sharkeyskarate.com/camps/WinterCampXI.pdf>

## NBL/SKI Super Grands

<http://www.nhlski.com/senior/grands.html>

## Filipino Martial Arts Brotherhood Tournament

<http://www.fmadigest.com/Database/tournaments.html>

## Bu Jin Seminar Listings

<http://www.bujindesign.com/seminar-listings-december-2009-page-22>

## KARRIEM ABDALLAH PRODUCTIONS

Mixed Martial Arts - 2<sup>nd</sup> NJ Amateur Championships

[http://www.kapmma.com/clients/861259/3645507\\_org.jpg](http://www.kapmma.com/clients/861259/3645507_org.jpg)

Action Martial Arts Magazine  
Hall of Honor 2010

<http://www.actionmagstore.com/>

## KRAV MAGA SEMINARS

<http://www.vour-krav-maga-expert.com/krav-maga-seminars.html>

Yanin Vismitananda's  
Favorite online  
Martial arts magazine is  
No Way Net Magazine



[www.channel4.com](http://www.channel4.com)



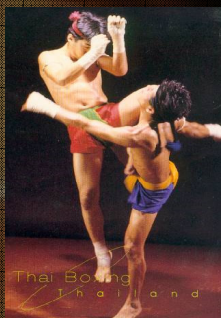
Link: [www.seaofchi.com](http://www.seaofchi.com)



# The Deadly Art of Muay Thai



<http://www.thaimartialarts.org/mt.html>



<http://known-muay-thai-boxing.blogspot.com/2009/02/thai-boxing-muay-thai.html>



<http://www.tigermuaythai.com/phuket-thailand/about-muay-thai/history.html>



[http://www.teach-to-travel.com/course\\_detail.asp?id=0002](http://www.teach-to-travel.com/course_detail.asp?id=0002)



<http://bushmanhops.wordpress.com/2008/06/01/i-have-seen-what-i-need-to/>



<http://muaythai.com.au/evolution-14-results>

Martial Artist Spotlight

## Tony Jaa

Here's a very good fan site <http://www.tonyjaa.org/>

Tony's IMDB listing <http://www.imdb.com/name/nm1388074/>

Ong Bak 2 opens: Tony Eyes Hollywood  
<http://www.kungfucinema.com/ong-bak-2-opens-in-theaters-jaa-eyes-hollywood-11333>

Jaa Rules Bow down before the awesomeness of Tony Jaa in Ong Bak 2 <http://www.slate.com/id/2233306/>

Ong-Bak 2's Tony Jaa on His Directorial Debut and That Time He Went Missing

<http://nymag.com/daily/entertainment/2009/10/ong-bak-2s-tony-jaa-on-his-dir.html>

Tearful Tony Jaa vows return to Ong Bak 2 as director  
<http://thaifilmjournal.blogspot.com/2008/07/tearful-tony-jaa-vows-to-return-to-ong.html>

Tony Jaa's greatest fight scenes  
<http://www.complex.com/blogs/2009/10/23/caught-on-tape-tony-jaa-s-greatest-fight-scenes/>

Tony Jaa is on Facebook <http://www.facebook.com/pages/Tony-Jaa/9139347461?v=info>

Ong Bak 2 fight scenes....WOW!  
<http://geektyrant.com/2009/09/ong-bak-2-tony-jaa-fight-scene-wow/>

Check out Tony's Uncyclopedia page  
[http://uncyclopedia.wikia.com/wiki/Tony\\_Jaa](http://uncyclopedia.wikia.com/wiki/Tony_Jaa)

Tony Jaa interview  
<http://www.uco.com/channels/filmTv/features/martialartslesson/tonyjaa.asp>

The first look at Ong Bak 3 artwork  
<http://www.slashfilm.com/2009/10/06/first-look-promo-art-for-ong-bak-3/>

Jaa starts shooting Ong Bak 3  
<http://www.screendaily.com/jaa-starts-shooting-ongbak-3/4043199.article>

The sickest Tony Jaa video clip on the net

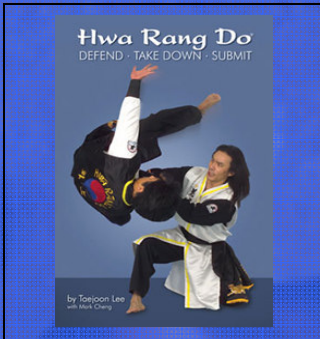


[http://www.1ancientwon.com/media/noway\\_theatre/Sept\\_09/Tony\\_Jaa.html](http://www.1ancientwon.com/media/noway_theatre/Sept_09/Tony_Jaa.html)

LINK



## Words from the Masters



### **Hwa Rang Do: Defend, Take Down, Submit** by: Taejoon Lee and Mark Cheng

<http://www.amazon.com/Hwa-Rang-Do-Defend-Submit/dp/0897581470>

**Message from the [www.HwaRangDo.NET](http://www.HwaRangDo.NET) Team**

### ***The Inspiring True Story of 4 Brave Men & Women, Who Riskyed Their Lives to Help the Poorest and Weakest in the African Nation of Angola...***

**A Must Read for Any Martial Artists and Human Being Seeking Purpose in What  
They Do and Practice**

In the commercialized state of martial arts today and the popular modern spectacles played every weekend on Pay-per-view, this story and declaration by a world wide martial arts organization will cause many to reflect on their purpose as a martial artist.

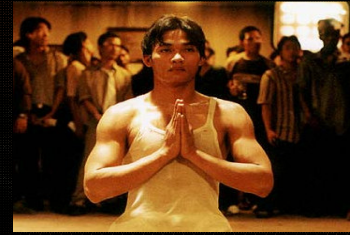
Recently, 4 instructors and students from the Italian branch of the World Hwa Rang Do Association, went on a mission into one of the most dangerous, poorest and most desperate parts of the world - Lixieria, Angola.

Their mission was simply to inspire, provide hope and bring transformation into a city in Africa, which is literally built on a landfill, where children are kidnapped and traded like dogs (unofficially sanctioned by the government) and where trash serves as the source for supplies, nourishment and even water for entire families.

### **This is Their Story and Journey into the 'City of Trash'**

<http://taejoonlee.com/philanthropy/the-angola-experiment-in-the-city-of-trash/>

Hwarang,  
The [www.HwaRangDo.NET](http://www.HwaRangDo.NET) Team



## **Tony Jaa's Biography**

Tatchakorn Yeerum or formerly Panom Yeerum born February 5, 1976 in Surin province, Isaan, Thailand), better known in the West as Tony Jaa, in Thailand as Jaa Panom is a Thai martial art film actor, choreographer and director. His films include *Ong-Bak: Muay Thai Warrior*, *Tom-Yum-Goong* (also called *Warrior King* or *The Protector*) and *Ong-Bak 2: The Beginning*.

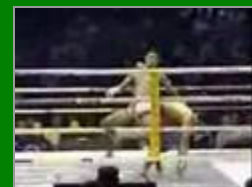
Tony Jaa was raised in a rural area and as he grew up he watched films by Bruce Lee, Jackie Chan and Jet Li at temple fairs, which was his inspiration to learn martial arts. He was so inspired by them that while he was doing chores or playing with friends, he would imitate the martial arts moves that he had seen, practicing in his father's rice paddy. Also, he would give baths to the family's elephants and somersault off their backs into the river.

"What they did was so beautiful, so heroic that I wanted to do it too," Jaa told *Time* in a 2004 interview. "I practiced until I could do the move exactly as I had seen the masters do it."<sup>[1]</sup>

At age 15 he requested to become a protégé of stuntman and action-film director Panna Rittikrai. Panna had instructed Jaa to attend Maha Sarakham College of Physical Education in Maha Sarakham Province

**Read the rest at** [http://en.wikipedia.org/wiki/Tony\\_Jaa](http://en.wikipedia.org/wiki/Tony_Jaa)

## **MUAY THAI DEADLY SKILLS**



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Muay\\_Thai\\_Deadly\\_Skills.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Muay_Thai_Deadly_Skills.html)





Fedor takes over MMA:  
"He's the baddest man on the planet"

With Brock Lesnar on the sidelines of MMA holding up legitimate UFC challengers, this week the spotlight turns to the world's top ranked "pound for pound" fighter Fedor Emelianenko. Emelianenko will fight Brett Rogers on CBS network television on November 7th.

The reason the November 7th bout will be huge is because fight fans all over the world see Fedor.....

READ MORE at:

<http://www.examiner.com/x-26524-New-Orleans-MMA-Examiner-y2009m11d1-Fedor-takes-over-MMA-He-s-the-baddest-man-on-the-planet>

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Tony Jaa  
Tom Yum Goong

[http://www.lancientwon.com/media/noway\\_theatre/Nov\\_09/Tom\\_Yum\\_Goong.html](http://www.lancientwon.com/media/noway_theatre/Nov_09/Tom_Yum_Goong.html)



Film Star Jim Kelly and Grandmaster Steve Sanders

<http://wbbclchq.tripod.com/id18.htm>

## BLACK BELT JONESING: AMERICAN MARTIAL ARTS CULTURE'S ROOTS IN THE BLACK COMMUNITY

For fans of the 1984 Pat Morita and Ralph Macchio blockbuster "The Karate Kid," the spy photos that leaked out of China last month were like a crane-kick to the heart.

The half-dozen blurry pics, snapped from the forest surrounding Hubei Province's Wu Tang Mountain, showed for the first time Jaden Smith, the young martial-arts loving son of box-office superstar Will Smith, in his role as "Dre," the protagonist of the film's forthcoming remake -- due in theaters next June. (Meanwhile, action icon Jackie Chan is waxing on as the story's wise but reluctant master.)

Online commenters were outraged by the images: Andrew Mack of the genre film fansite Twitch even linked to the shots with the headline "Hey Look! It's Jackie Chan and Jaden Smith Trouncing on My Childhood!" After all, they visually confirmed what fans had been hearing since September 2007 -- that their beloved martial-arts melodramedy was being "updated" for the 21st century with a wildly different script and cast.

And while most critics have sidestepped gingerly around the racial landmines embedded in their anxiety, some haven't been as careful: "Every remake these days, they change the main character to a black guy," grouched commenter Kevin, over at the movie blog Cinematical. G.J. at E! Online was even more blunt "A 10-year-old black kid as Karate Kid? What a joke. I hope this kid gets scarred for life for doin....."

Read more: <http://www.sfgate.com/cgi-bin/article.cgi?f=/c/a/2009/10/28/apop102809.DTL>



## Keepin You Sexy Body Garment

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3 sizes in 10 minutes.

[www.lancientwon.com/KeepinYouSexyFlyer.pdf](http://www.lancientwon.com/KeepinYouSexyFlyer.pdf)

<http://www.lancientwon.com/KeepinYouSexyFlyer.pdf>

TIKIK



MUSIC BY THE TICA

CHINA PRODUCTION BY THE TICA

THE PROTECTORMOVIE.COM







**Matt Mullins and Sideswipe performers  
to be featured on LXTV**

Matt Mullins and [Sideswipe](#) performers Seth Austin, Luke Broadlick and Leo Howard will be featured on [LXTV](#). NBC will air the program in the following markets at 7:30 PM, and will re-air after Saturday Night Live (SNL):

LA, San Diego, San Francisco, Vegas, Dallas, Chicago, Miami, Hartford, Philadelphia, DC

Matt Mullins is the founder and leader of Sideswipe Martial arts performance team and star of the CW's [Kamen Rider Dragon Knight](#) every Saturday morning.

Seth Austin and Luke Broadlick on a short break from the Britney Spears Circus Tour, heading to Australia in November.

[Leo Howard](#) was featured in the recently released GI Joe the Rise of Cobra and stars in the upcoming movie Shorts

Tune in NBC LXTV Saturday night at 7:30

Don't forget, there are still spots available for this years Sideswipe Winter camp! [Download your registrations today!!](#)

<http://www.sharkeyskarate.com/camps/WinterCampXI.pdf>



**China's Elderly Find Life and Joy in Exercise**  
**By Grace Liang and Lucy Hornby**

BEIJING (Reuters Life!) - Gao Mingyuan has found joy at age 66.

Joy, in his case, consists of bending himself double and hooking his legs around a pole that runs behind his shoulders, in a Chinese meditative martial arts tradition.

Gao is one of many Chinese seniors, freed from the rigors of work and raising children, who are turning to martial arts such as tai chi, bopping to trendy beats or singing patriotic songs as they seek health and friends in parks across the country.

"We forget all our troubles when we practice," he said as he contorted himself at the Temple of Heaven, where seniors exercise beneath the gnarled trees at dawn.

Read more at: <http://abcnews.go.com/US/wireStory?id=8886935>

**The best of the decade:**  
**10 best fighters over the past 10 years**



By Maggie Hendricks

The nature of mixed martial arts dictates that stars come and go. Injuries, burnout, contract issues and illness make it so that few fighters can dominate for a long period of time. But there have been a few who have stayed at or near the top of the pile for the past decade. As part of Yahoo! Sports' look back at the past ten years in sports, here are the top ten mixed martial artists of the decade.

**10. Matt Hughes:** Though he's faded in recent years, Hughes was one of the UFC's most successful champs. His win over MMA pioneer Royce Gracie signaled a change of the guard, and he defended his welterweight belt eight times. Hughes also has wins over both B.J. Penn and Georges St. Pierre.

**9. Tito Ortiz:** The "Huntington Beach Bad Boy" ended the decade on a weird note, with a decision loss to Forrest Griffin. Before his exile from the UFC, Ortiz was the longest reigning UFC champ with wins over Wanderlei Silva, Vitor Belfort and a trilogy of wins over nemesis Ken Shamrock.

**8. Wanderlei Silva:** In his prime -- which .....

**Read more at** <http://bleacherreport.com/tb/b1NV9>

**Jeeja Yanin , the female Tony Jaa**



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Jeeja\\_Yanin.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Jeeja_Yanin.html)

**LINK**





## Karate kid kicking challengers to curb

Lyoto Machida is a mystery the rest of the UFC is trying to solve, without success thus far. Fifteen fighters have challenged Machida and his karate-based style of mixed martial arts. All of them have wound up beaten, including previously undefeated Rashad Evans.

Machida won the UFC's light heavyweight title from Evans last May and defends it for the first time tonight at UFC 104 at the Staples Center against Mauricio "Shogun" Rua, a former PRIDE star who thinks he can solve the riddle of "The Dragon."

"For most athletes that you face, you just need to train, adapt to little things but train as you regularly do because you're used to what they bring to the table," Rua said. "But Lyoto is a different guy with a karate background and well adapted to mixed martial arts. It's very tough to

Read more:

[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Muay\\_Thai\\_KOSI.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Muay_Thai_KOSI.html)

## MUAY THAI KNOCKOUTS



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Muay\\_Thai\\_KOSI.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Muay_Thai_KOSI.html)

## Muay Thai vs TKD



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Muay\\_Thai\\_vs\\_TKD.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Muay_Thai_vs_TKD.html)

NO WAY NET MAGAZINE

## UMAA Hall of Fame Update

This is an update on the UMAA Hall of Fame held in Chantilly, VA 4-5 Sept 2009. The event was a huge success with over 250 attendees at the banquet and about 110 inductees.

Nitta Seifuku, Hanshi from Okinawa was the guest of honor and he presented all the awards to our recipients. Nitta Hanshi stayed in the USA for one week in North Carolina teaching and then another week in Virginia Beach, VA teaching after the Hall of Fame

The seminars were tremendous and our special guests from Jiu-Jitsu Ireland gave a seminar on Jiu-Jitsu that really energized the crowd. Special thanks to Johnny Lupton, Hanshi for traveling from Ireland with 2 of his students to teach for us. We are looking forward to our 2014 UMAA Summer Camp to be held in Dublin, Ireland.

We have planned a 2011 UMAA Summer Camp in beautiful Hawaii. The Camp will be the week of the 4th of July in 2011 and will be hosted by United Goju-Kan Karate and Jann Aki, Shihan in Oahu. Please make your plans now to attend. More information will be forthcoming shortly via email and newsletter.

Please check our training page on the UMAA web site often to see our scheduled training events. <http://www.universal-martial-arts.org/training.php>

The next UMAA Summer Camp will be held in Havelock, NC from 18-20 June 2010. Make plans now to attend and take advantage of the wonderful training offered each year at Summer Camp.

If you would like to sponsor a UMAA training event in your area please feel free to contact me at 910-546-4144 or [sensei@universal-martial-arts.org](mailto:sensei@universal-martial-arts.org)

I hope you all have a wonderful 2009.

Most respectfully,

Frank Williams

President UMAA.....

## Support Operation Fast Forward



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[WWW.NOWAYNETMAGAZINE.COM](http://WWW.NOWAYNETMAGAZINE.COM)





**Scott Adkins-**

<http://www.imdb.com/name/nm0012078/>

## **Fitness: Staying Motivated from Start to Finish**

***Beat Away the Fitness Doldrums at the Starting Line, so You Can Reach the Finish Line***

1. Patience, patience, patience. One of the reasons that exercise programs rarely work for people is because we are not brought up to wait. Everything is on demand, from our favorite TV shows to our grocery purchases. With the internet, we can get anything we want with the click of a button. We know to stay away from Diet pills and "too good to be true" exercise programs on TV, but they do look so tempting - just fifteen minutes a day and six weeks to a perfect body? Sign me up!

But those results, if you are able to withstand the program long enough to get them, are not permanent, and are not healthful. Your goal should be different - your goal should include the words "lifelong" and "fit," not "skinny" and "ASAP." And what that takes is patience, because that kind of success isn't meant to happen overnight. It will take months, even years to achieve the fitness goals you want to reach.

Patience is a skill, not something we are born with. I'll say that again, in case you skimmed over it the first time: patience is a skill, not something we are born with. Got it? Good. And when you want to improve a skill, you have to practice. Choose the longest line at the grocery store next time. Take the longer route to get to work in the morning. Get into the slow lane of traffic. Walk to the corner store instead of dri.....

**Read more:**

[http://www.associatedcontent.com/article/2322566/fitness\\_staying\\_motivated\\_from\\_start.html?cat=5](http://www.associatedcontent.com/article/2322566/fitness_staying_motivated_from_start.html?cat=5)



## **Couture calls for Hatton to join UFC**

**RICKY Hatton has been told to quit boxing and become a cage fighter in the UFC!**

**And one of the legends of the Ultimate Fighting Championship has even offered to train the Hitman to make him a star in the brutal mixed martial arts phenomenon.**

**Five-time world UFC champion Randy Couture believes Hatton, who hasn't boxed since losing to Manny Pacquiao in May, would be a sensation in the cage.**

**"I am a big fan of Ricky Hatton," said Couture. "He is a fantastic fighter. I could get him up to speed on the ground wrestling part of it, while he could take advantage of his boxing talent.**

**"He could make a big difference in the lighter categories."**

**Major figures from around the boxing world have urged Hatton to retire from boxing for his own safety - but he won't be rushed into a decision.**

**Read more:**

<http://forums.doghouseboxing.com/index.php?showtopic=148491>

## **Muay Thai Highlights- Fight Girls Finals- "It's Going Down"**



[http://www.1ancientwon.com/media/howay\\_theatre/Nov\\_09/Fight\\_Girls\\_Finals.html](http://www.1ancientwon.com/media/howay_theatre/Nov_09/Fight_Girls_Finals.html)

**LINK**



## MUAY THAI primitive training



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Muay\\_Thai\\_primitive\\_training.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Muay_Thai_primitive_training.html)

**LINK**

## CHOCOLATE Watch the Trailer



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Chocolate.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Chocolate.html)

**Link**

## Capoeira Vs. Muay Thai



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Capoeira\\_Vs\\_Muay\\_Thai.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Capoeira_Vs_Muay_Thai.html)

**LINK**



*Bringing you the best in Bollywood*

<http://www.loveonfirebmagazine.com>

## No Way Net Mag Film Reviews



## Chocolate

With Thai cinema getting more international play I've become a fan of its vigorous enthusiasm and inventive stunt choreography, as well as the ever present cheeky humour which can snap into a pratfall in a eyeblink. I'm mightily entertained by the Thai's rapid semi-satirical cross-genre colonisation, that's resulted in movies like "The Eye" (Japanese style horror), "Bang Rajan" (Chinese like historical epic), and "SARS Wars" (Zombie comedy!)

Directed by Prachya Pinkaew this latest spiffing Thai action comedy begins with a Yakuza gangster, played by popular Japanese actor Hiroshi Abe, revealing that as a boy he was always interested in the abnormal. (Hiroshi is known to genre buffs for his role in "Godzilla 2000", as a voice actor in the anime "Fist of the North Star" and as the male lead in the science fiction film, "Sword of Alexander" aka "Taitei no Ken".)

Well, he finds plenty to interest him in Thailand, where his strange preferences lead him into a dangerous relationship with Zin, a beautiful Thai woman (played by Ammara Siripong) immersed in the hazardous world of Thailand's gang culture. When her Japanese lover is forced to leave the country Zin raises their autistic daughter, Zen, alone, but for the aid of a street urchin whom Zin adopts. The latter, a boy named Moom (artful dodgingly played by Taphon Phopwandee) has an entrepreneurial bent and craftily exploits the budding martial arts skills of his adopted sister, learned by watching Muay Thai kickboxing students and action movie DVDs.

Zen is played by Nicharee Vismistananda (also known as JeeJa Yanin) in her film debut. A taekwondo black belt, JeeJa trained for years with the film's.....

Read the rest at: <http://www.rrr.org.au/playlist/6254/>

If you'd like us to review your book, film, DVD or other Martial Arts Product

Send us an e-mail at

[nowaymagstaff@nowaynetmagazine.com](mailto:nowaymagstaff@nowaynetmagazine.com)



**Clyde Barrow Wanted Poster, 1933**

## **Personal Protection Tips**



### **Safety on the Streets**

*Choose busy streets and avoid passing vacant lots, and stick to well-lighted areas at night.*

*Do not walk or jog alone.*

*Get to know the neighborhoods where you live and work.*

*Carry your purse close to your body, and keep a firm grip on it. Carry a wallet in an inside coat pocket or front pants pocket.*

*Do not overload yourself with packages, and avoid wearing shoes or clothing that restrict your movements.*

*Carry a whistle or other sound device in case of an emergency.*

*If your car breaks down, raise the hood or tie a white cloth to the street-side door handle - stay in the locked car.*

*Always carry an emergency kit in your car.*

*When using buses or subways, only use well-lighted, busy stops.*

*Stay alert on buses or subways; do not doze or daydream.*

*Send the message that you are calm, confident and know where you are going.*

*Trust your instincts. If something or someone makes you uneasy, avoid the person or situation and leave as soon as possible.*

*Keep in mind locations of fire and police stations and public telephones. Remember which stores and restaurants stay open late.*

*Take the fastest route to and from schools, stores and friends' houses.*

*Do not display your cash or any other inviting targets such as pagers, cell phones, or expensive jewelry and clothing.*

*Have your car or house key in your hand before you reach the door.*

*Always have an emergency kit in your vehicle.*

*Source: National Crime Prevention Council - <http://www.ncpc.org/>*

## **Online Protection Tips**



### **Spyware Horror Stories** **The spy who ran up my phone bill**

"When I bought my first computer, I had zero idea how to use one and I was not aware of the damage that spyware could do. I got a bill from my phone company that showed over \$600 in calls that I did not make. After doing some checking, I discovered a spy named "UKVideo" had hijacked my computer through my careless Web surfing.

This program was using my phone connection to charge my phone bill by-the-minute. I tried everything I could think of to remove it, but none of the "free" anti-spyware programs worked. In fact, I cannot be sure the spy did not come from one of those "free" programs. After pulling out my hair, I finally tried Spy Sweeper. Spy Sweeper disposed of that spy and several others that came in through those "free" games and programs that I had downloaded. I thank you, Spy Sweeper, for allowing me to sleep again."

-D.M., Houston, TX



*Check out IAVA, America's first and largest Iraq and Afghanistan veterans organization. You can find stories, videos, and pictures straight from Iraq and Afghanistan, along with news about the latest issues facing the Troops, and hard-hitting commentary from war veterans. Click on the link below to go to IAVA's website and get the "ground truth" about the war from the people who were there.*

*<http://www.java.org>*



## Tips & Tricks from www.Symantec.com Makers of Norton Internet Security

***I want to save photos and other personal documents on a removable media. What is the most suitable media for the job?***

For optimum security, it is recommended that you save important files on several media. So, a student writing an essay should save their work on a rewritable CD-ROM and, where possible, on another media such as a removable hard drive. USB memory sticks are fragile tools designed for transporting, not storing, files and don't offer the best storage conditions.

***What is a "hijacker"? How can I protect myself from them?***

Hijackers are spy software that change a browser's homepage and sometimes make it impossible to access certain sites. The best-known of these is CoolWebSearch, which is particularly difficult to get rid of because it modifies your computer's registry. These malicious codes exploit software flaws in order to infiltrate your computer. Update all your programs and use anti-spy software to avoid them.

***How can I tell whether an email that seems to come from a bank or another institution isn't a fake message (phishing) aimed at extracting confidential information from me?***

Firstly, no bank, Internet service provider or other online service provider will ask you to confirm your bank details or password by email! So delete any emails which ask for confidential information without even opening them. If you're unsure, don't click on links given in the message; instead go to the relevant service provider's site by typing out the URL address yourself and checking if such a procedure exists. Don't hesitate to email the service provider to check on the authenticity of the message.

***I've heard that the number of viruses for Linux is on the increase. What is the true extent of this threat?***

For now, the number of viruses targeting users of Linux remains minimal with respect to threats to other software environments, but the authors of malcodes are increasingly targeting web servers, an area in which Linux heads the field. Discovered at the beginning of November, the Lupper virus exploits three flaws found in the software components of most Linux distributions for servers. They may be less of a target than others, but Linux users aren't completely free from attack!

***Are the cookies installed by some sites a risk to my PC? Should I delete them?***

The majority of sites install cookies on an Internet user's computer in order to compile statistics, define visitor profiles, or to prevent having the Internet user from having to enter their password at every visit. But other, less scrupulous, sites can use cookies to display unwanted adverts or to act as spy software by making a record of web pages visited. You can delete these cookies with the help of your anti-spyware.

***I don't yet have an antivirus installed on my computer. How will I know if it's infected with a virus?***

Log on to Symantec's web site and launch an analysis of your computer. If the online analysis reveals the presence of a virus, check if the site has a tool to.....

For more tips, advice and more go to [www.symantec.com](http://www.symantec.com)

## Young Mind, Old Body

Lots of letters about bellies and getting old. Many are unhappy with how they're bodies are when they get past 40. What to do? I've answered these questions below:



Eddie,

I have the flabby body of a 50+ female who is out of shape with the tummy thing happening. I so hate that look and my mind is young whilst my body is old. I feel old some days and get out of breath. I know I am not in the perfect shape and would like to tighten everything up so that I not only feel good about myself but look good. I don't need to look like a magazine model in a bikini, but I would like to get my female shape back. My clothes are starting to bulge and that is not a nice look. Many thanks for your assistance.

Chrissy

Chrissy,

First off, it's good you want to be in good shape and have a good shape. However, try not to hate how you look. When you do this you are attaching your beliefs to this and then it becomes more real to you. It's not the truth, so don't even go there. You've acknowledged what you don't want (your current shape) and what you do want (better shape) now let those go by and focus on how to get what you want. You need an action plan. This in and of itself will make you feel good about yourself while you are making yourself look good. And the better you feel about yourself the faster your results will come. If you're attached to how bad you look, you will keep that in your awareness and it'll be difficult to get it away.

Here's your plan:

1. Do multi-joint movements that work your entire body at once. These multi-tasking exercises are resistance and cardio exercises all in one. These exercises can be found here

[http://gymnasticabs.com/body\\_sculpting\\_women.html](http://gymnasticabs.com/body_sculpting_women.html)





## Three Day Workout Program **FOR QUICK MASS**

Are you frustrated with your current workout? Have you been at the same weight and same strength for months... or even years? This full guide will get you growing like crazy!

By: Bodybuilding.com

**A**re you frustrated with your current workout? Have you been at the same weight and same strength for months... or even years? Are you tired of following "Ronnie Coleman's Super Freak Workout For Juiced-Up Psychos"?

This article will show you what real natural bodybuilders do to gain mass in as short as time as possible - all without lifting weights more than 3 days per week. Let's get to the workout:

Get the work our here

<http://www.bodybuilding.com/fun/hitworkout.htm>

Check out  
Ramon 'The Diamond' Dekkers Video Clips in  
**No Way Theatre**



[http://www.1ancientwon.com/media/noway\\_theatre/Oct\\_08/Ramon\\_The\\_Diamond\\_Dekkers.html](http://www.1ancientwon.com/media/noway_theatre/Oct_08/Ramon_The_Diamond_Dekkers.html)

**Link**



## 5 Inspirational Quotes of the Month

- 1- "Strike first, strike hard, and never stop.", author unknown
- 2- "Fall seven times, stand up eight." - Japanese Proverb:
- 3- "When you feel pain, you know that you are still alive." - Bruce Lee:
- 4- "Beginning is easy - continuing is hard." - Japanese Proverb:
- 5- "If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus and you must not stay there. You must go beyond them." - Bruce Lee:

See more at

[http://www.associatedcontent.com/article/1993130/best\\_motivational\\_martial\\_arts\\_quotes\\_pg2\\_pg2.html?cat=14](http://www.associatedcontent.com/article/1993130/best_motivational_martial_arts_quotes_pg2_pg2.html?cat=14)



## Anderson Silva Muay Thai Match

[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Anderson\\_Silva\\_Muay\\_Thai\\_Match.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Anderson_Silva_Muay_Thai_Match.html)  
**LINK**



## No Way Net Magazine Takes a Road Trip

### A Funny Thing Happened on the Way to Press

Yeah, I know. We really should take more road trips. We always intend to, but my schedule is crazy and it's not getting any better. Over the next few months 1 Ancient Won Entertainment is or will be working on a Hip Hop CD, writing a TV series and also we'll soon start work on our 1<sup>st</sup> feature film.

On October 10<sup>th</sup>, 2009 we took a road trip to the martial arts promotions at the Plainfield, New Jersey YMCA class, which is run by Sensei Kyle Jones and Sensei Michael Wheat. Sensei Jones and I were classmates at Goldenfeet's Warriors, POSITIVE AMERICAN KARATE run by Sensei Kurt Holloway, who also attended and took some pictures for the magazine. Well... the pictures got misplaced, mislabeled or was just a mystery for a while, but we got em now.

Sensei Holloway and I had a lot of fun and were impressed by the students and instructors professionalism and talent. It was easy to see that the student's worked hard and are progressing well. My apologies for not getting this done last month. Thanks for the invite Sensei's Jones and Wheat.

Sensei Julius Simmons  
AkA Java Da Ancient Bomani

### PLAINFIELD AREA YMCA KARATE



**For more information, please contact:**

**Kyle Jones**

**908-756-6060 ext: 113**

**Plainfield Area YMCA**

**518 Watchung Avenue**

**Plainfield, N.J 07060**

[http://www.1ancientwon.com/Plainfield\\_Area\\_YMCA\\_karate.pdf](http://www.1ancientwon.com/Plainfield_Area_YMCA_karate.pdf)



**Michael Wheat  
Kyle Jones**



**Julius Simmons  
Kyle Jones**

### POSITIVE AMERICAN KARATE BELT TESTING 10/10/09



**Presenting Sensei Kyle Jones  
With a display Katana**



**The Plainfield Area Karate Team  
with Sensei Kurt Holloway**



# POSITIVE AMERICAN KARATE



**KARATE TRAINING**

**Kevin Guevara**



**Alicia Lamm**



**Raymond Lamm**



**Adrian Lamm**



**Pramath Kalelkar**



**Nathan Lamm**



**Alison Avelino**



**Christopher Guevara**



**Khalif Hall**



**Carl Tullis**



**Cynthia Lamm**



**Daniel Pareja**



**Alejandro Mendoza**

Check out the full size pictures online at [http://www.1ancientwon.com/no\\_way\\_net\\_magazine/No\\_Way\\_Net\\_Mags\\_Road\\_Trips/Pics/Plainfield\\_Area\\_YMCA\\_Karate/Plainfield\\_YMCA\\_HOME.html](http://www.1ancientwon.com/no_way_net_magazine/No_Way_Net_Mags_Road_Trips/Pics/Plainfield_Area_YMCA_Karate/Plainfield_YMCA_HOME.html)









## Sensei Iain Abernethy's Upcoming Seminars

Below you can find details of the open seminars taking place over the next few months or so. If you'd like me to visit your dojo please don't hesitate to drop me a line via [iain@iainabernethy.com](mailto:iain@iainabernethy.com) for details and assistance in organizing a seminar. [www.iainabernethy.com/news\\_page.asp#Seminars](http://www.iainabernethy.com/news_page.asp#Seminars)

### 17th of January 2010 - Bradley, West Midlands

The first seminar of 2010 (and the first one back after the Christmas break is always lots of fun!) will be on Sunday the 17th of January at Lower Bradley Community Centre, Wallace Road, Bradley, Bilston, West Midlands, WV14 8BW. The seminar will run from 10am to 2pm and will cost £25 / person. **Places are strictly limited to 30, so please act quickly to ensure your place.** For further info or to book a place people can contact Keenan on 07800 799219 or e-mail [keenan1@blackberry.orange.co.uk](mailto:keenan1@blackberry.orange.co.uk) You can also send cheques (payable to "Mr KJ Pedley") to K Pedley, Randori Fightwear, PO Box 5649, Wolverhampton, WV1 9QF. This event is sponsored by Randori Fightwear ([www.randorifightwear.com](http://www.randorifightwear.com)) and it will be possible to purchase fight-wear and t-shirts on the day!

### 31st of January 2010 – Telford, Shropshire

On the 31st January 2010, I'll be teaching at the incredibly impressive Kyushinkai dojo! Please visit the website ([www.kyushinkai.com](http://www.kyushinkai.com)) for directions and to see photographs of this great facility: Kyushinkai Martial Arts, Court Works Industrial Estate, Bridgnorth Road, Madeley, Telford, Shropshire TF7 4JB. The seminar will run from 12pm to 4pm and will cost £25 / person (Cheques made payable to "Kyushinkai Martila Arts" and sent to the dojo). You can also pay through Pay-Pal on the website: [www.kyushinkai.com](http://www.kyushinkai.com). To express your interest and to book your place, please contact Sam Stewart on 07940726311. You can also email Sam at [samedstewart1@aol.com](mailto:samedstewart1@aol.com)

Details of January 2010 and February 2010 seminars will be added next month at [http://www.iainabernethy.com/news\\_page.asp#Seminars](http://www.iainabernethy.com/news_page.asp#Seminars)

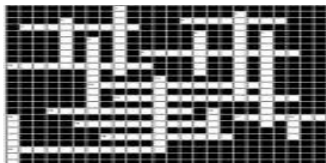
## Martial Arts Crosswords

All Karate Puzzles <http://www.all-karate.com/176/puzzle>

Boxing, Wrestling, and Martial Arts at <http://www.funtrivia.com/crossword/play.cfm?qid=993>

Martial Arts Crossword at <http://www.afunzone.com/x/MartialArts.html>

Here's another at <http://www.shuyokan.com/members/cw1.html>



These are 6 honest truths that you probably didn't know...

1. You cannot touch all your teeth with your tongue.
2. All idiots, after reading the first truth, will try it.
3. The first truth is a lie.
4. You're smiling now because you're an idiot.
5. You soon will forward this to another idiot.
6. There's still a stupid smile on your face.

Sorry about this... BUT, I'm an idiot and I needed company...:-)



Robert Deniro  
As Homeland Security Official

[http://www.1ancientwon.com/media/robert\\_deniro-snl.html](http://www.1ancientwon.com/media/robert_deniro-snl.html)  
LINK

**Get more...  
Internet Humor**  
at

[http://www.1ancientwon.com/Internet\\_humor/Internet\\_Humor\\_Home.html](http://www.1ancientwon.com/Internet_humor/Internet_Humor_Home.html)  
LINK

**Martial Arts Crossword Puzzle in this PDF**  
<http://www.pthomasmartialarts.com/December05.pdf>

**UFC Crossword**  
<http://www.shazbot.com/nhb/games/crossword.html>

**This one's not free, but if you love martial art and Sudocu**  
<http://www.flipkart.com/martial-arts-sudoku-level-frank/1402737548-wnx3f3kywb>

**Kanji Sudoku - learning Japanese while solving Sudoku Puzzles** - <http://www.kanji-sudoku.com/>

**Japanese Martial Arts Crosswords**  
<http://www.teachnology.com/worksheets/country/japan/cross/>



# Martial Arts Poetry & Philosophy



## Pointing the Finger to Zen

Often in Chinese martial arts, we are told the origins of the arts are also tied to Zen (Chan in Chinese). In my opinion, although Zen stems from traditional Buddhism, it is a system of liberation from a more religious, faith driven Buddhism, as might be other forms of Buddhism where chanting, rituals, mudras, mantras and sutras may seem more important than experiencing enlightenment for oneself. Zen is a vessel to cross over quickly, and for you to experience the awakened mind directly, as a result, Zen is more of an approach to realizing the mind, a philosophy, more than a religion. In many ways, high level mastery of a martial art is awakening and understanding, much like Zen is to Buddhism.

Often when we study Zen, we are presented with confusing stories, called koans (kung an in Chinese), and seated meditation. As I feel a student needs a roadmap to learning, and often finding a learned master is difficult, perhaps my few words here can be of use.

Although Zen is a teaching that must be realized outside normal transmission and points directly to the mind, for one to get a real understanding of Zen, one should at least have some background in three important sutras. The first of these is the Heart Sutra (Xin Jing in Chinese), also called the Prajna Paramita Sutra. It is very short, yet very profound. Basically the main point of this text is to explain the cross over from ignorance to wisdom. As the sutra says, "Form does not differ from emptiness; emptiness does not differ from form. Form itself is emptiness; emptiness itself is form. So too are feeling, cognition, formation, and consciousness." It is a direct pointing of the mind in an enlightened state. For the advanced martial artist, this profound statement gives us much to contemplate.

The second Sutra one should study is the Diamond Sutra (Jin Gang Jing in Chinese), also called the Vajra Prajna Paramita Sutra. The basis of the Diamond Sutra is the perception of opposites, seeing yin and yang and how it changes. It is said that the 6th patriarch inheritor, Hui Neng, came to enlightenment when he overheard a passage recited from the Diamond Sutra, "One should practice that thought which is nowhere attached". The sutra is of medium length and pretty simple to understand. When one perceives Yin and Yang, and finds oneself are stuck in between them, it is best to step away and perceive the middle way.

Although Bodhidharma (Ta Mo in Chinese) is considered the first patriarch and brought Zen to China, his teachings did not flourish until the time of.....

Read the rest at:

<http://www.chusaulei.com/index.php?d=06&m=08&y=09&category=3>



nowaymagstaff@1ancientwon.com

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No Way Net Magazine

### BITTER RAIN

by Zen Master Hsu Yun

Bitter rain soaks the pile of kindling twigs.

The night so cold and still the lamp flame hardly moves.

Clouds condense and drench our stone walled hut.

Broken rushes clog the reed gate's way.

The stream gurgles, a torrent in its bed.

That's all we hear. Only rarely, comes a human voice...

But oh, how priceless is this peace of mind that fills us

As we sit on our heels and put on another Chan monk's robe!

Read more Poetry

[http://catma.org/Dharma/zhohy/Literature/essays/hypoems/hy\\_poem42.html](http://catma.org/Dharma/zhohy/Literature/essays/hypoems/hy_poem42.html)

Link

You can get back issues of the magazine at:



<http://www.nowaynetmagazine.com>

Gina Carano  
(Mma\Muay Thai)



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Gina\\_Carano.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Gina_Carano.html)





### **OC Fight Promoter Launches New Mixed Martial Arts League**

Major League Baseball has the minor leagues; the NBA has the D-League; the NHL has the AHL; and the NFL has college football.

All the major sports leagues have "feeder systems" and now Southern California fight promoter and sports entrepreneur Roy Englebrecht has decided that mixed martial arts also needs its own legitimate minor league system.

In an effort to help develop the next generation of MMA stars while providing investors a chance to own their own professional sports franchise, Englebrecht announced Wednesday the launch of the Professional Mixed Martial Arts League (PMMAL).

Set to begin play in early 2010, the PMMAL ([www.pmmal.com](http://www.pmmal.com)) will award charter ownerships to teams in eight specific areas including six Southern California counties and Las Vegas.

"The time has finally arrived for mixed martial arts and for the PMMAL," stated Englebrecht. "As a club promoter of MMA since it was approved in California in 2006, I know first-hand the struggle young fighters have in trying to get fights, and the major struggles small mixed martial arts promoters encounter just trying to promote a show, give the fighters and fans a good experience, and most important — hopefully turn a small profit.

"Now with the Professional Mixed Martial Arts League, some of the best young MMA fighters competing today can be part of a team, know when and where they will fight each month, and be paid and treated like the professional athletes they are."

As one of the founding owners of arguably one of the most successful minor league baseball franchises ever, the Rancho Cucamonga Quakes, Englebrecht knows what it takes to make a professional team organization work and how owners can run a profitable pro sports team business.

"I know the fun and profitability that an investment in a professional sports team can provide," he stated. "I know about the dreams of most every sports fan to be just like Jerry Jones, Jerry Buss, Arte Moreno, or George Steinbrenner and own a pro sports team, as I realized that dream with the Quakes. Now the dream of owning a professional sports team can become a reality with the purchase of a PMMAL team.

Read the rest of the story:

<http://www.doghouseboxing.com/Chee/Chee1103b09.htm>

## **NO WAY NET MAGAZINE**

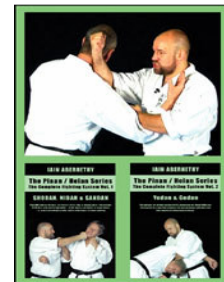
### **Crystal Scents Scent-Sations, INC**



**Over 100 scents and candles such as Votive's, Scented Melts, Scent-Simmer Flameless Scent Pot which is powered by a standard household light bulb. Also, we have candles that look exactly like little pies with the scent of a real pie in flavors such as key lime, strawberry, pumpkin and many more scents. We also have hand and foot lotion, car fresheners, foaming hand wash, and bar soaps.**

<http://www.crystalscents.scent-team.com/index.php>

**LINK**



### **The Pinan / Heian Series: The Complete Fighting System!**

They have been a year in the making, but the good news is that the new DVDs are now available! Over 2000 bright and shiny DVDs were delivered to us yesterday. After all the work, effort and expense, it is great to finally see the DVDs themselves!

This two DVD series gives a detailed breakdown of the specific two-man drills that I teach for the Pinan / Heian series of kata. The related blurbs and cover pictures can be seen below.

Viewers will see how these drills perfectly follow the kata sequences, with each drill building on the next, so that the practitioner becomes versed in a holistic set of combative methods.

**Please follow this link to watch the introduction to Volume 1 online:**

<http://blog.iainabernethy.com/?p=310>



## Video Game, News, Reviews



### TEKKEN 6

#### Summary

*Spanning over a 14 year legacy, Tekken is among the most popular and well-known gaming brands in the world with the entire franchise selling more than 32 million units to date. Displayed in HD detail, a new era begins in the sixth King of the Iron Fist Tournament complete with intense gameplay modes as well as new features and environments. TEKKEN 6 sees the return of many familiar faces as well as new characters to create the largest line-up the series has ever seen. With a growing roster of fighters, each equipped with their own deadly techniques, moves and attack combinations, TEKKEN 6 will be the best King of Iron Fist Tournament yet. Adding to the already rich gaming experience, a deeper character customization feature will only further enhance the incredible fighting intensity as players go mano-y-mano. Players can also take the battle online for classic match-ups and to compete for world domination. [Namco Bandai Games]*

Read the rest of this review at: <http://www.metacritic.com/games/platforms/ps3/tekken6>

#### WATCH THE TRAILER

[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Tekken\\_6.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Tekken_6.html)

### ASSASSIN'S CREED 2



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Assassins\\_Creed\\_2.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Assassins_Creed_2.html)

**LINK**

### EA Sports offers first look at MMA Game

Set for release in 2010, EA Sports MMA will be the first mixed martial arts video game to be released through the successful EA Sports franchise from Electronic Arts. Having already broken the news that an exclusive trailer for the game will be shown during November 7 *Strikeforce: Fedor vs. Rogers* event on CBS, EA Sports released the first screen shot of the game today through its Facebook page. "EA Sports MMA will feature the most authentic, intense and broad mixed martial arts experience to date, and will set a new bar for online sports competition—complete with a vast array of top fighters and fighting styles from around the world."

Read more at: <http://www.examiner.com/x-26928-Minneapolis-MMA-Examiner~y2009m10d28-EA-Sports-offers-first-look-at-MMA-game>

# GAMING

## DJ Hero



<http://www.youtube.com/user/djhero?blend=1&ob=4#p/u>

**LINK**

### Forza Motorsport 3 Trailer



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Forza\\_Motorsport\\_3.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Forza_Motorsport_3.html)

**LINK**





# Martial Arts Radio and Podcasts

Now playing on <http://www.actionradio.net>



2007 Sports Show of the Year

Also

## **Tony & Joey Zaino hosts "Sports Talk"**

Tuesday Nights 7:00 & 8:00 PM EST

## **Martial Arts Spotlight**

With host Danny & Theresa Zaino

Monday Nights 9:00 PM EST

## **Italian Family Cooking**

With the Zaino Family Wednesday Nights 7 PM EST

## **Fight Zone Show**

Fight Zone Magazine Media/TV

Gets up close and personal with your favorite  
MMM, Boxing & Kickboxing Interviews

## **-The Yudo Hour-**

## **The Richard Hackworth Show**

The #1 No B.S. Health, Wealth and Success Resource

<http://www.actionradio.net/RichardHackworthShow.htm>

## **-The Action Martial Arts Magazine Radio Show- Restaurant Talk**

With hosts Danny & Theresa

Special monthly interviews with restaurant &  
cooking experts

## **The Dominique Zaino Show**

Sunday Nights 7 PM & 8 PM EST

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Martial Arts Technique of the Week Podcasts  
From the Turtlepress

<http://www.turtlepress.com/public/podcast/podcast.xml>

## **Martial Arts Videos and Podcasts**

<http://www.fwicky.com/rss/Podcast-101/Martial-Arts-Videos-and-Podcasts>

Chinto / Gankaku Kata: Application & History

Podcast from iainabernathy.com

<http://blog.iainabernathy.com/?p=153>

## **Human Weapon: Muay Thai**



[http://www.lancientwon.com/media/howay\\_theatre/Nov\\_09/Human\\_Weapon\\_Muay\\_Tha.html](http://www.lancientwon.com/media/howay_theatre/Nov_09/Human_Weapon_Muay_Tha.html)



Martial Arts Radio from Sherdog.com  
[http://www.sherdog.com/news/radio\\_main.asp](http://www.sherdog.com/news/radio_main.asp)

Martial Arts Radio

<http://www.martialartsradio.com/home.htm>

Martial Arts Teachers' Radio Podcasts  
at <http://www.podcastdirectory.com/podcasts/9715>

Mixed Martial Arts Radio

<http://www.cagesidelive.net/>

Martial Arts Explorer Podcast

<http://martialarts.thepodcastnetwork.com/>

Shinobi Kai Ninjutsu Martial Arts Podcasts

<http://www.podcastdirectory.com/podcasts/38503>

Martial Arts Podcasts

<http://www.martialartspodcast.com/>

Podcast Fresh

<http://podcasts.cc/news/category/martial-arts-podcast/>

YMAA Podcast - Martial Arts and Health Podcast

<http://www.ymaa.com/netcasts>

You'll find a bunch of martial arts Podcasts at  
this site

<http://www.podfeed.net/tags/martial%20arts>

Inside Martial Arts Podcasts

<http://www.insidemartialarts.tv/home.php>

Applied Karate Podcasts

<http://karate.thepodcastnetwork.com/>

Green Living, Podcasting, and Martial Arts with  
Meredith Medland

<http://greenlivingideas.com/ecc-home-living/gc-green-living-podcasting-and-martial-arts-with-meredith-medland.html>

Podcast Directory

<http://www.podcastdirectory.com/format/Martial%20Arts>

Ottawa Academy of Martial Arts Podcast

<http://www.feedage.com/feeds/306456/ottawa-academy-of-martial-arts-podcast>

MMA Podcast

[http://www.bboxet.com/Mixed\\_martial\\_arts/Section:podcasts/](http://www.bboxet.com/Mixed_martial_arts/Section:podcasts/)

Martial Art Masters of Texas Podcasts

[http://www.podcastalley.com/podcast\\_details.php?pod\\_id=54606](http://www.podcastalley.com/podcast_details.php?pod_id=54606)







## **Woman karate black belt teaches Australian muggers a lesson**

Sydney, Oct 26 (DPA) A German on holiday in Australia had her black belt in karate to thank for thwarting an attempted robbery on the streets of the central Outback city of Alice Springs, Northern Territory police said Monday.

Would-be muggers who set upon the woman and her friends Saturday night as they were crossing a Todd River footbridge were given a master class in martial arts.

"The victim managed to punch one of the offenders three times in the face with a karate chop," Superintendent Sean Parnell told national broadcaster ABC.

"And they then attempted to run away, and these baddies chased them, and she's swung around and given them a kick to the side of the head and a couple more karate chops and they've run away."

Read more at: <http://www.mangalorean.com/news.php?newstype=local&newsid=152048>



## **Forging a bond through martial arts Father and daughter get black belts together**

When Shannon Donley walked into her first taekwon do class in 2006, she wasn't sure if she'd be successful.

Clinging to her father's side, she watched as students practiced the martial art, which combines philosophy with self-defense training such as kicks, punches and blocks.

"You walk in and you see everyone yelling," Shannon said.

But the father and daughter from Bethesda decided to take on the classes together and they promised each other that they would stick with it.

"I made a pinky swear with my dad that we would both get our black belts," said Shannon, 9. Together, they received their black belts during a...

Read the rest at:

[http://www.gazette.net/stories/11032009/montnew80720\\_32575.shtml](http://www.gazette.net/stories/11032009/montnew80720_32575.shtml)

## **FIRST LOOK AT IP MAN 2**

Chinese media recently gained access to the set of Wilson Yip's IP MAN 2 in Songjiang Studio, Shanghai where production is wrapping up with stars Donnie Yen and Sammo Hung filming their first screen duel since SPL. Yip was on hand to discuss the film and touched on topics including Sammo's heart trouble, emphasis on drama in this sequel, actor Huang Xiao-ming's screen fighting skills, and Bruce Lee's first appearance in the trilogy. Thanks to translation from [Wu-Jing.org](http://Wu-Jing.org), we're able to reveal the details on what is shaping up to be one of the most highly anticipated martial arts movies of 2010.

IP MAN 2 is the first sequel in a planned semi-biographical trilogy on the life of 20th century Wing Chun master Ip Man. (AKA Yip Man), best known in the West as Bruce Lee's martial arts instructor.....

Read more at: <http://www.kungfucinema.com/first-look-at-ip-man-2-11417>

## **LIN - AUDITION MOVIE IP MAN 2**



[http://www.1ancientwon.com/media/howay\\_theatre/Nov\\_09/Lin\\_audition\\_ip\\_Man\\_2.html](http://www.1ancientwon.com/media/howay_theatre/Nov_09/Lin_audition_ip_Man_2.html)

**LINK**





## DOLPH LUNDGREN ON 'THE EXPENDABLES'

It must feel like 1985 again for action star Dolph Lundgren. Not since his breakout performance opposite Sylvester Stallone in *ROCKY IV* has he enjoyed the level of popularity he is experiencing now for his upcoming role in Stallone's highly anticipated action movie *THE EXPENDABLES*.

Lundgren was recently interviewed by [MovieWeb](http://www.MovieWeb.com) where he talked about the film, his "crazy" role in it and working with Stallone again. He also touched on his latest film release, *COMMAND PERFORMANCE*, and addressed the question of whether or not he thinks male stars are too wimpy today.

Regarding bringing humor into his role as "Jenson" in *COMMAND PERFORMANCE*, Lundgren said he didn't plan for that initially but it came out during the scriptwriting.....

Read more at:

<http://www.kungfucinema.com/dolph-lundgren-on-the-expendables-11388>



## ONG BAK 2' BEING CALLED 'THE MOST ANTICIPATED THAI MOVIE EVER'

There's no relation between *Ong Bak 2: The Beginning* with the first *Ong Bak*, released a few years ago, except that it stars Tony Jaa, Thailand's big action hero, known previously as Panom Yeerum.

As this [martial arts movie](#) releases this weekend, the *Hollywood Reporter* claims it was "the most anticipated Thai movie ever." It was already a huge hit in Southeast Asia in 2008, and martial arts fans in North America have few other [films](#) to satisfy their lust for combat.

Perhaps taking the reins from action hits by Bruce Lee and Jackie Chan, Jaa will build a successful franchise. Jaa has added directing and choreography to his credits with this film. It's co-directed by writer and stunt coordinator Panna Rittikrai.

The standard plot of the genre, the historical [fantasy](#) epic follows a young Thai boxer, circa 1431, who learns the skills and inner meaning of martial arts through a series of deadly tests from swordfights to [vampires](#). But the big attraction is the star, Tony Jaa and his trademark amazing moves.

The original *Ong Bak* was a thriller set in contemporary Bangkok with lots of city action, but in this film Jaa's athleticism finds him skipping along the backs of elephants. He portrays the young boxer, Tien, as an adult, showing off various forms of martial arts including kung fu, judo, T.....

Read the rest of the story

<http://www.independent.co.uk/arts-entertainment/films/news/ong-bak-2-being-called-the-most-anticipated-thai-movie-ever-1808442.html>

## Yanin Vismistananda



Some say the greatest Thai Boxer Ever!!!

Diesel Noi vs. Rhee



[http://www.1ancientwon.com/media/noway\\_theatre/Nov\\_09/Diesel\\_NoI\\_vs\\_Rhee.html](http://www.1ancientwon.com/media/noway_theatre/Nov_09/Diesel_NoI_vs_Rhee.html)

LINK





## THE MIAMI PROJECT TO CURE PARALYSIS

### ABOUT THE MIAMI PROJECT

In 1985, Barth A. Green, M.D. and NFL Hall of Fame linebacker Nick Buoniconti helped found The Miami Project to Cure Paralysis after Nick's son, Marc, sustained a spinal cord injury during a college football game. Today, The Miami Project is the world's most comprehensive spinal cord injury research center, housed in the Lois Pope LIFE Center, a Center of Excellence at the University of Miami Miller School of Medicine. The Miami Project's international team of more than 200 scientists, researchers and clinicians take innovative approaches to the challenge of spinal cord injury.

The Miami Project's Human Clinical Trials Initiative will take discoveries found to be successful in laboratory studies and fast track them to human studies with the approval of the FDA. The Miami Project is well positioned and confident that we have the expertise, knowledge and drive to navigate through the FDA process and initiate new human clinical trials involving Schwann cell transplantation. This trial will be based in part on published work in which Miami Project scientists showed up to 70% return of normal walking function in experimental models. For more than 23 years, The Miami Project has worked carefully and diligently towards this goal and the results show that the time is right to make this important step into humans.

### MIAMI PROJECT RESEARCH ACHIEVEMENTS

The broad scope of research carried out at The Miami Project has focused on answering questions that help define human spinal cord injury and reveal strategies for the repair of damaged spinal tissue. The team has also made advances in knowledge that have improved the current care of people with SCI. Over the last two decades, The Miami Project has made claim to several scientific achievements.

**Pioneered** the concept of a multidisciplinary approach to SCI research; assembled the most comprehensive team of researchers to address the multifaceted problems of spinal cord injury.

**First** to build a state-of-the art SCI research facility that under one roof houses the tools and technology that in the hands of researchers will provide advances to find a cure.

**Established** the largest collection of postmortem human spinal cord tissue in the Western Hemisphere. Pioneering anatomical observations and physiological recordings have revolutionized the understanding of human injury.

**Designed** novel experimental strategies including mild lowering of body temperature (hypothermia) to limit secondary damage following SCI. Promising effects with Interleukin-10, and the inactivation of NFkappaB are also under investigation.

**First** to demonstrate that adult human central nervous system neurons can regenerate when provided with a supportive cellular environment.

**Discovered** that the adult nervous system has a remarkable capacity to accept and integrate transplants of neuronal cell lines. Demonstrated that embryonic neurons can reconnect to muscle and restore its function in animals.

**Initiated** studies to explore whether neural precursor cells or stem cells can be developed and stimulated to mature into different types of nervous system cells.

See more at: <http://www.themiamiproject.org/Page.aspx?pid=266>

**Finding Cures-** Cures should alleviate the multiple consequences of injury. Miami Project researchers carry out a broad scope of research directed at complex challenges.

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## Wallpapers



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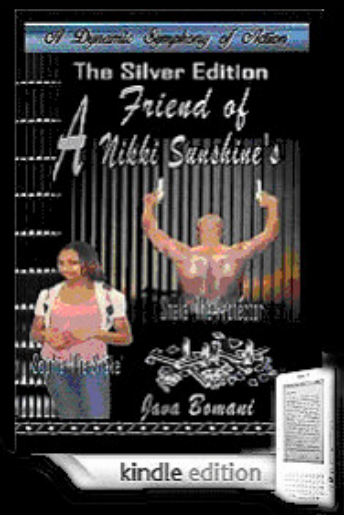
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### *A Friend of Nikki Sunshine's*

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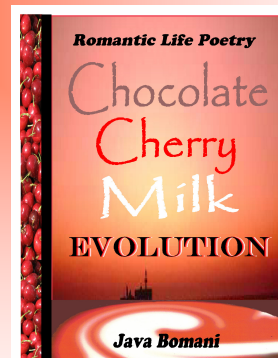
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### *Chocolate Cherry Milk Evolution*



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## Seminars, Tournaments and Stuff

Karate Tournament Central at [www.karatetournaments.com](http://www.karatetournaments.com)

Kickgen Tournament Listings <http://www.kickgen.com/events/list-events.html>

MT Power Summit <http://www.mtpowersummit.com/>

Princeton Academy of Martial Arts Seminars at  
<http://www.pamausa.com/Pages/seminar.shtml>

SYSTEMA IMMERSION CAMP 2009 AT <http://www.russianmartialart.com/main.php?page=week>

Home of the World's Largest Grappling Tournaments at  
[http://www.nagafighter.com/naga\\_home.asp](http://www.nagafighter.com/naga_home.asp)

Karriem AbdAllah Productions <http://www.kapmma.com/>

Filipino Martial Arts Seminars <http://www.fmadigest.com/Database/seminars.html>

Upcoming MMA.tv Gold Events at [www.mma.tv](http://www.mma.tv)

Midwest Martial Arts Association Southern Conference - Tournament  
Calendar for 2009 Season <http://mmasc.net/2009calendar.html>

Shihan Adnan Tarsha's Teams in the Local, Area and  
International Karate Championships and Tournaments  
<http://www.adnantarsha.com/Tournaments2.htm>

## Martial Arts Social Networks

International Society of Combat Arts  
<http://peopleofthedragon.ning.com/>

The Dojine- <http://dojine.ning.com>

Crump Dojo- <http://crumpdojo.ning.com/>

Experience Martial Arts <http://experiencema.ning.com/>

TrainMA <http://www.trainma.com/home.php>

The Martial Arts School Alliance Network  
<http://www.masainetwork.com/>

MMA Jacked <http://www.mmajacked.com/>

MMA Phans <http://www.mmaphans.com/>

Evolution Martial Arts <http://www.emaspace.com/>

International Martial Arts World <http://chimaw.ning.com/>

Martial Arts <http://martialarts.groupsie.com/>

Martial Arts Community <http://martialarts.com.my/community/modules/yogurt/>

MyFMA.net- <http://www.myfma.net/>

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Happy Holidays and Happy New Year

**The Next issue of the Magazine  
should be on the site on**

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## TEKKEN – THE FILM



**Cung Le as Marshall Law**

**Release Date: 2010 (USA)**