

No Way Net Magazine



No Way Net Magazine



On the Cover
May 2009

Q the Damaja
Quinton 'Rampage' Jackson

Visit his official website at
<http://www.allrampage.com/home/>

Visit his myspace website at
<http://www.myspace.com/rampagejackson>



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.

And the tweak goes on!!!!

You demanded it! So - we've made the move to the more popular and safer PDF format. The new format allows us to do some very different things in ways we couldn't do before, but we're still seeking out where we can and should go. I believe we're getting closer to something we'll be content with for a while.

No Way Net Magazine

has been the leading Martial Arts Magazine of it's type on the internet for a few years now and very soon we'll get back to being the industry leader our readers have come to expect from us.

jsimmonseditor@lancientwon.com

1 Ancient Won Entertainment

This issue we bring you....

Kata? Nope. Board or Brick Breaking? Nope

Tuff Talk? Naw. Just.....

STRAIGHT DAMAGE!!!

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

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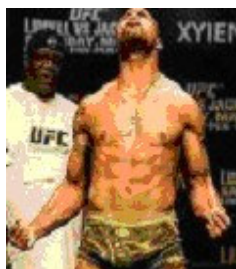
Free Martial Arts E-books

Fight Video Game News, Reviews
and Forums.

Martial Arts Radio

Martial Arts Video

Picture Gallery



Quinton Rampage Jackson
Heads up our
DAMAGE ISSUE!!!



Bulletin Board

UPCOMING MARTIAL ARTS NEWS and EVENTS

Contact the person or group responsible for the event for more information,
We are not responsible for changes or modifications to the events listed.



2009 US Open ISKA World Championships
July 2009, Coronado Springs Resort
Orlando, Florida

Don't miss the next airing of the 2008 US Open ISKA World Championships on ESPN. Check your local listings to find the show. Be sure to Tivo or DVR the show!

To learn more about the US Open go to: <http://www.usopen-karate.com>



www.FightersFormula.com

FIGHTER'S FORMULA is continuous energy. Our 3-Fuel Cycle System, a Performance Maximizer, a Dynamic Muscle Optimizer and a Recovery Accelerator are geared to provide you with the nutrients you need to perform at your best.

FIGHTER'S FORMULA is a sports nutrition company dedicated to developing the highest quality dietary supplements engineered specifically for professional and amateur combat sports athletes striving to achieve their Maximum Athletic Performance (MAP™).

The Black Warrior Martial Arts
Championship
06/13/2009

<http://karatetournaments.com/future.asp?EID=776>

LINK



Upcoming Events
at Kickgen.com

<http://kickgen.com/events/list-events.html>

LINK



Link

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



http://www.lancientwon.com/media/noway_theatre/005-08/Ramon_The_Diamond_Dekkers.html

link

Now you can get back
issues of the magazine at:



www.lancientwon.com/no_way_net_mag.html

LINK

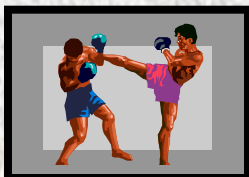


The Dim Mock Fraud Man

http://www.lancientwon.com/media/Martial_Arts_Videos/dimmock_fraud_man.html

LINK

Click the link to see this video



www.blackbeltmag.com/fight_night

Get the
Kick USA Florida
Karate Tournaments –
Calendar of events

<http://www.kickusa.com/pdf/KICK%202009%20Calendar.doc>

LINK

<http://www.kickusa.com/default.html>



Video from 2008 US Open

Alex Lane vs. Jason Bourelly

<http://www.youtube.com/watch?v=xauYiemhNKc&feature=related>

LINK



**32nd Battle of Florida
2009**

**Presented by
the Zaino Family and
Grandmaster Carl Stone**

Friday June 5– 7th,

**More info at
www.battleofflorida.com**

**Check out this video clip from the
2009 US Open Karate Tournament -
Finals: Male Kumite (sparring)**

Las Vegas, NV April 13th, 2009

<http://www.youtube.com/watch?v=JETJAgOLPXs&feature=related>

LINK



**Midwest Martial Arts
Association Southern
Conference**

Tournament Calendar for 2009 Season

<http://mmasc.net/2009calendar.html>

LINK

**2009 Matsushima Canadian
Kyokushin Championships**

May 15th, 2009

Adult Full Contact / Knockdown competition

<http://www.westislandkarate.com/challenge.html>



**Shihan Adnan Tarsha's Teams in
the Local, Area and International
Karate Championships and
Tournaments**

<http://www.adnantarsha.com/Tournaments2.htm>

LINK

Internet Humor

**Another free e-book
From the 1Awon Community**

http://www.lancientwon.com/Internet_humor/Internet_Humor_Home.html

LINK

**The
Joe Lewis/Louis Issue**



**One of our most popular
issues**

**You can now get back
issues of**

No Way Net Magazine

**And soon we'll post PDF
versions of most of
them.**

http://www.fanciest.com/noway-net-magazine/Download.aspx?2008/No-Way-Net-mag-07-08/download_noway.html

Link

No Way Net Magazine



Benny the Jet vs Jackie Chan

**From the film
MEALS ON WHEELS
Jackie Chan squared off with a
true legend,
Benny the Jet Urquidez.**

**MEALS was voted the top Jackie
Chan fight scene of all time.**

Watch this clip!!!

http://www.fanciest.com/media/noway_theatre/Jackie-Chan-Vs-Benny-The-Jet-Urquidez.html

LINK



**TURF WARS WEEKLY is the official e-newsletter of the World
Combat League. Click through for this week's edition --
including news on the season, information on upcoming WCL
live events and a quick look at some recent news articles
about the league, its teams and its fighters.**

**For all the latest news and info go to
<http://www.worldcombatleague.com/>**

Click here to see Vol 1, issue 16.....
<http://www.worldcombatleague.com/TWW/TWW16/TWW16.html>

Click here to see Vol 1, issue 17.....
<http://www.worldcombatleague.com/TWW/TWW17/TWW17.html>

Click here to see Vol 1, Issue 18.....
<http://www.worldcombatleague.com/TWW/TWW18/TWW18.html>

Click here to see Vol 1, Issue 19.....
<http://www.worldcombatleague.com/TWW/TWW19/TWW19.html>

Click here to see Vol 1, Issue 20.....
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Click here to see Vol 1, Issue 22.....
<http://www.worldcombatleague.com/TWW/TWW22/TWW22.html>

Click here to see Vol 1, Issue 23.....
<http://www.worldcombatleague.com/TWW/TWW23/TWW23.html>

Click here to see Vol 1, Issue 24.....
<http://www.worldcombatleague.com/TWW/TWW24/TWW24.html>

Click here to see Plenty 4 Season Three
http://www.wcl.com/turf wars/vol2_issue1/plenty-4-three.html

Treasures from the Son of the  *We Make Chinese Herbal Medicine Easy*
WWW.SEAOFCHI.COM 

Link: www.seaofchi.com



Check out the All Martial
Arts Film Villain Team
At

http://www.lancientwon.com/no_way_net_magazine/The_all_martial_arts_film_villain_team.html

LINK

Click the link to visit



Enter the Dragon

Did not make the top 5 martial
arts films of all time according
to a writer at lizardmaster.com

See who they picked

<http://www.lizardmaster.com/displayone.cfm?docID=3524>

LINK



Check out the
Hwang Jang Lee
Tribute

http://www.lancientwon.com/media/Martial_Arts_Videos/Hwang_Jang_Lee_dhowsage.html

LINK

Click the link
to see a great video.



A Message from Soke DePasquale

To all Martial friends & School Owners:

I would like to stress the importance of this absolutely necessary fundraiser to help those soldiers that protect this country from harm's way. The International Brain Research Foundation, working with the defense department, has put much effort into helping soldiers coming home from war with Severe Disorder of Consciousness. That is why I have created, on my own free time, the Martial Art Xtreme Challenge Fundraiser. Everything is in place for you and ready to go on this website. I am asking all of you who have schools to take the time to work this fundraiser into your school schedule anytime throughout the months of April - May for the memorial day weekend. Even if you do not have a Martial Arts School of your own, we would love to have you participate in this cause by donating whatever you can.

PLEASE VIEW THE SITE Below!, and you will understand why we can make a difference.

Yours In the Spirit, Soke Michael DePasquale, Jr.

Endorsed and Sponsored by NAPMA & Martial Arts Professional Magazine

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

also visit <http://www.depasqualejujitsu.com/>

Do you want to be a fight promoter?
Here's a few good places to look

<http://ballardboxing.tripod.com/id44.html>

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

http://www.ehow.com/how_4489553_become-fight-promoter.html

<http://beafightpromoter.com/>

Words from the Masters

Your Students Become Limited By Your Limits

On the whole -and I speak for myself here too, we ask very little of ourselves. We do very little for our fellow man. We are absorbed in our business, in our things, in our personal drama, and in our desire (conscious or unconscious) to conform.

As "martial arts masters" -and in general, there is absolutely NO CALL to rise, no call to perform, no call to unite or make change or DO ANYTHING. Our profession asks very, very little of us.

We have no physical "standards" of performance.

We have no reading or educational requirements.

We have no expectations of activism, involvement, and/or anything that borders on "work for humanity."

There is no martial arts master-teacher's journal or magazine speaking out against violence or war or consumerism -or for peace or social consciousness or advanced education or even higher standards of performance.

I think that our "industry" -that is, the business entities that survive on our commerce, the business entities that provide most of us with the tools we think we need to achieve "success," --promotes a superficial, politically inoffensive, dumbed-down set of standards for martial arts teachers. For the most part, the men and women who seem to be leading the "martial arts industry" are cemented into a 20th Century definition of success -the success of hoarding wealth, of driving it, of living in it, of wearing it on your wrist, of shopping for it, and of using it as a measure of achievement and quality of life.

Personally, every hero I look up to in my life, both living and no longer living, have asked me in one way or another to refocus my thinking from accumulating overt wealth to accumulating the tools to make a difference for my fellow man. The more deeply I look at my practice the more simple my needs become.



Tom Callos

P.S. Check out our free trial at
<http://thenewwaynetwork.com>

P.P.S Sign up for our next teleseminar at
<http://newwayseminar.com>



Amputee battles controversy over fight

By Josh Moon

Fighting in his first mixed martial arts event is a dream come true for Kyle Maynard. But for MMA and the state of Alabama, it's a potential nightmare.

Maynard, a congenital amputee who was born with no elbows or knees, is scheduled to make his amateur MMA debut Saturday night at an event at the Auburn Covered Arena.

The fight is shrouded in controversy, with critics claiming Maynard's entry demonstrates a serious need for an athletics regulatory body in Alabama and that it also exposes the dark side of MMA, where greedy promoters cut corners.....

Read more at

<http://www.montgomeryadvertiser.com/apps/phcs.dll/article?AID=200920423042>

LINK

Mike Tyson's Greatest Quotes



http://www.1ancientwon.com/Entertainment_Articles/Mike_Tyson's_Greatest_Quotes1.html

LINK



Exercises to Increase Metabolism

by Darren O Connell

The best way to help you lose weight is to increase your metabolism. So how do you do that? Some people find that heredity is working against them, but there are ways to enhance your metabolism so you can boost your fuel consumption and lose weight. Exercising is one of the best ways to increase your metabolism. Along with a healthy, balanced diet, your metabolism is not stuck at one level. It can be changed, as long as you want to change it. It is completely up to you.

Introducing cardio exercise is the best way to increase metabolism. Aerobic exercise helps to burn fat cell. Exercise in an aerobic state that is in an oxygenated state, for thirty to sixty minutes a day is one of the best ways to increase your metabolism. The best time of the day to burn fat is first thing in the morning when the body has been at rest and will use stored fat as a source of fuel. It is also best to exercise on an empty stomach so the body looks for an alternate source of energy. Running, swimming and walking are great ways to get aerobic exercise.

Raising your heart rate and.....

Read the rest of the article at edsgym.com

<http://www.edsgym.com/exercises-to-increase-metabolism.html>

LINK



Grandmaster Yip Man Profile

http://www.1ancientwon.com/media/noway_theatre/Mar_09/Grandmaster_Yip_Man.html

LINK



5 Inspiration Quotes of the Month

- 1- Justifying a fault doubles it. - **French Proverb**
- 2- You cannot shake hands with a clenched fist. - **Indira Gandhi, Indian Prime Minister**
- 3- Perfection is not attainable, but if we chase perfection we can catch excellence. - **Vince Lombardi, American Football Coach**
- 4- Discovery consists of seeing what everybody has seen and thinking what nobody has thought. - **Albert von Szent-Gyorgyi, American Biochemist**
- 5- If you are not willing to risk the unusual, you will have to settle for the ordinary. - **Jim Rohn, American Businessman/Author/Speaker**

See more at

<http://www.selfgrowth.com/quote.html>

From SPL



Donnie Yen vs Jing Wu

http://www.1ancientwon.com/media/noway_theatre/Mar_09/SPL_Donnie_Yen_vs_Jing_Wu.html

LINK

A Ground and Pound Renowned



from UFC 5

http://www.1ancientwon.com/media/Martial_Arts_Videos/the_incredible_afroinija.html

LINK



Check out
O-Ren Ishii

in the
Top Fighter
Martial Arts Spotlight

http://www.lancientwon.com/no_way_net_magazine/Top_Fighters/O-Ren_Ishii.html

LINK

click the link to see it

No Way Net Mag's Product and Film Reviews



Fighting: Starring Channing Tatum

Director: Dito Montiel

Written By: Dito Montiel & Robert Munich

Cast: Channing Tatum, Terrence Howard, Brian White, Luis Guzman, and Zulay Henao

Rated by Metacritics.com: 7.8 out of 10

A small-town boy hustling his way through the big city forms an uneasy alliance with a scam artist who inducts him into the violent world of bare-knuckle brawling in [A Guide to Recognizing Your Saints](#) writer/director [Dito Montiel's](#) unforgiving urban action film. Arriving in New York City with little more than the shirt on his back, Shawn MacArthur ([Channing Tatum](#)) makes ends meet by selling counterfeit goods on the street. But times are tough and money is short, and just as things are starting to look grim, Shawn crosses paths with crafty con artist Harvey Boarden ([Terrence Howard](#)).

Harvey instantly recognizes Shawn's natural talent for street fighting, and offers to help....

Read the rest of the article at

<http://www.metacritic.com/film/titles/fighting>

Official Movie Site

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

Want us to review your book, film, DVD or other martial arts product?

Send us an e-mail.

nowaymagstaff@nowaynetmagazine.com



No Way Net Mag's Road Trips

Check out what happens when we
take it to the road

http://www.lancientwon.com/no_way_net_magazine/No_Way_Net_Mag_Road_Trips/road_trip_home.html

Link



Brining you the best in Bollywood

www.loveonfirebmagazine.com



Dragonball Evolution

Starring Justin Chatwin, James Marsters, Jamie Chung, Emmy Rossum, Eriko Tamura, Joon Park, Chow Yun-Fat, and Ernie Hudson

Read the whole review

<http://www.metacritic.com/film/titles/dragonballevolution>

LINK



Clyde Barrow Wanted Poster, 1933

Personal Protection Tips

Swine Flu Prevention and Treatment

Recommendations to prevent infection by the virus consist of the standard personal precautions against influenza. This includes frequent washing of hands with soap and water or with alcohol-based hand sanitizers, especially after being out in public. The CDC advises not touching the mouth, nose or eyes, as these are primary modes of transmission. When coughing, they recommend coughing into a tissue and disposing of the tissue, then immediately washing the hands.

There is no risk of flu transmission from consumption of pork.

Many countries confirmed that inbound international passengers will be screened. Typical airport health screening involves asking passengers which countries they have visited and checking whether they feel or appear particularly unwell. Thermographic equipment was put into use at a number of airports to screen passengers. In the USA, two confirmed cases were detected through their border infectious disease surveillance. A number of countries advised against travel to known affected regions.

The previously recommended influenza vaccines for the southern and northern hemispheres, including that for the 2009/2010 flu season, are ineffective against the new strain. Current development, large-scale

Read the rest of the story at

http://en.wikipedia.org/wiki/2009_swine_flu_outbreak



When it comes to funny – nobody beats the Afroninja

http://www.lancientwon.com/media/Martial_Arts_Videos/the_incredible_afroninja.html

LINK



Online Protection Tips

How to Protect Yourself Online

Tips By the U.S. Securities and Exchange Commission

Use a Security Token (if available). Using a security token can make it even harder for an identity thief to access your online brokerage account. That's because these small number-generating devices offer a second layer of security - a one-time pass-code that typically changes every 30 or 60 seconds. These unpredictable pass-codes can frustrate identity thieves. While fraudsters can use keystroke logging programs to obtain regular username and password information, they can't use these programs to obtain the security token pass-code. Ask your brokerage firm if you can protect your online account with a security token or similar security device.

Be Careful What You Download. When you download a program or file from an unknown source, you risk loading malicious software programs on your computer. Fraudsters often hide these programs within seemingly benign applications. Think twice before you click on a pop-up advertisement or download a "free" game or gadget.

For more tips

<http://www.sec.gov/spotlight/katrina/protectyourselfonline.htm>

MMA Fighter Quinton Rampage Jackson



Rampage Jackson

Martial Artist Spotlight

QUENTIN 'RAMPAGE' JACKSON

Rampage Info at http://en.wikipedia.org/wiki/Quinton_Jackson

Rampage - an article at <http://www.theatlantic.com/doc/200812/rampage>

Inside the mind of Rampage at
http://sportsillustrated.cnn.com/2008/writers/josh_gross/07/29/quinton.jackson/

Savage Dog Show: Quinton 'Rampage' Jackson an audio interview at
<http://www.sherdog.com/radio/Savage-Dog-Show-Quinton-Rampage-Jackson-860>

Rampage Jackson's Fight Profile and more at <http://www.sherdog.com/fighter/Quinton-Jackson-348>

MMA: Rampage Jackson wins a war against Keith Jardine at UFC 96, earns title shot at <http://www.vancouversun.com/Sports/Rampage+Jackson+wins+against+Keith+Jardine+earns+title+shot/1366369/story.html>

Listen up! The UFC champ has a few things to get off his chest. At
<http://www.mensfitness.com/exclusives/223>

Rampage Jackson Unsure He Wants to Take Fight Against Rashad Evans in May at <http://www.bloodyelbow.com/2009/3/8/785531/rampage-jackson-unsure-he>



No Way Net Magazine



Haley's Martial Arts brings home 22 gold medals from Reno

http://www.chicoer.com/sports/ci_12252021



Swine fluBadminton, martial arts games may be affected

http://www.ny.com.ny/Clinker_News/NET/Thursday/National/7254905/Article/index.html

LINK



No Way Net Magazine

The Latest on Charles "MASK" Lewis' Tragic Accident



Tapout clothing founder Charles 'Mask' Lewis dies in car crash at
http://weblogs.newsday.com/sports/specialevent/ultimate_fighter/blog/2009/03/tapout_clothing_founder_mask_d.html

Junie's UFC Future, UFC's "Mask" Octagon Tribute, Silva Challenger, More at <http://www.impactwrestling.com/Content.aspx?ID=26278>

TapouT's 'Mask' followed his dream, mourners say at
<http://www.ocregister.com/articles/lewis-fans-service-2363280-company-tapout>

Tapout's 'Mask' remembered at Crystal Cathedral read it at
<http://www.latimes.com/features/lifestyle/la-ig-tapout19-2009apr19.0.4752126.story>

A Roundhouse Kick in the Pants at
<http://www.entrepreneur.com/magazine/entrepreneur/2009/may/201092.html>

Great comment board with many tributes at
<http://www.bloodyelbow.com/2009/3/11/789795/mask-from-tapout>

Martial Arts Poetry & Philosophy

Poetry: Martial Logic and The Arts at <http://bluesnakeblon.wordpress.com/category/poetry/>

martial art poetry at <http://www.martialartstalk.net/forums/other/15565-martial-art-peotry.html>

Martial Art Philosophy at <http://www.alljujitsu.com/martialartphilosophy.html>

Martial Arts Skepticism: A Manifesto By Jamie Clubb at
<http://www.badmartialarts.com/philosophy/MASkeptic.php>

Martial Arts Skepticism: Philosophy and Ancient Wisdom By Jamie Clubb at <http://www.badmartialarts.com/philosophy/MASkepticism.php>

The Great Learning By Confucius 500 B.C. at
<http://www.politicalgateway.com/documents/religions/confuctahsueheng.html>

Philosophy in the Martial Arts at <http://www.utbtaekwondo.us/philo.htm>

ZEN AND THE ART OF MANAGEMENT at <http://www.11fapostlive.com/ni/nd/work/corporate-management/zen-management.asp>

Tons of free e-books - read online - download - more at <http://www.globusz.com/>

Weakness Or Strength at <http://www.cycnet.com/englishcorner/digest/weak.htm>

Philosophy by Craig Hyatt at <http://www.geocities.com/craighyatt/philosophy.html>

Advice from Me to Myself at <http://sealevel.ns.ca/patrol/>

Allspirit Spiritual Quotations at <http://www.allspirit.co.uk/quotations.html>

Buddhism - Zen Quotations at http://www.geocities.com/athens/parthenon/6670/doc/t_koan.html

BUDDHIST POEMS at <http://home.att.net/~goodgaypoems/intro/buddhistpoems.htm>

More Zen Poetry at <http://webpace.ship.edu/cgboer/zenpoetry.html>

Daily Zen at <http://www.dailyzen.com/>

Dragon with Flowing Hands at http://www.lancientwon.com/cyber_tiger_web_dojo/dragon_with_flowing_hands.html

The Mixed Martial Artist at http://www.lancientwon.com/cyber_tiger_web_dojo/the_mixed_martial_artist.html

The Assassin in the Dark at http://www.lancientwon.com/cyber_tiger_web_dojo/the_assassin_in_the_dark.html

\$9.99 Katana at http://www.lancientwon.com/cyber_tiger_web_dojo/999_katana.html

Tons of Zen Poetry on this site - <http://www.gardendigest.com/zen/index.htm>

Warrior Spirit Risen from Ashes by Kinjiro Tsukasa at
<http://www.geocities.com/franclare2003/warrior.html>

Lace by Kinjiro Tsukasa at <http://www.geocities.com/franclare2003/Lace.htm>

Tae Kwon Do philosophy of Great Grand Master Jhoon Rhee at
<http://www.jhoonrhee.com/philosophy.html>



No Way Net Magazine

The Warriors Way

by Java Romani

The warrior's way, isn't the only way.

He chooses the path of least resistance,

though some Martial Artists choose to break the stone, instead of taking the smooth way round.

The method represents the way, the stone, the obstacle, the target, rests behind it.

If the warrior scares his hands breaking the obstacle, what will he have left for the target?

The warrior knows he can break the stone, But he'd rather re-direct its power with suppleness, then detonate on the mark like nitro left in a baking sun.

He doesn't question his power to destruct hardened substances, if ever it becomes the target he'll prove it.

Read more Poetry

http://www.lancientwon.com/cyber_tiger_web_dojo/cyber_tiger_web_dojo.html

Link

Instructors, poets and webmasters: If you'd like us to list Martial Arts or Inspirational Philosophy from your site, just send us an e-mail with your information and we'll check it out.

nowaymagstaff@nowaynetmagazine.com

Seminars and

Karate Tournament Central at
www.karatetournaments.com

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

Martial Arts Seminar Listing Pages at
<http://www.guild-hall.com/seminars/view.php>

SYSTEMA IMMERSION CAMP 2008 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

The International Fighting Championships
<http://www.ifclive.com>

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

Self-Defence Forum Ultimate Protection Seminar
Information provided by iainabernathy.com
www.completeselfprotection.com/sdf-ultimate-seminar.html

Tournaments

The UMAN World Open at www.theuman.com

UPCOMING EVENTS AT www.YAMM.COM

Steve Stewart's Modern Martial Arts at
www.smma.com

Upcoming MMA.tv Gold Events at www.mma.tv

FOCKE / NCL Calendar of events
http://battleofthearts.com/fpcke_calendar%20update.09.pdf

Do you want us to add yours?
Send us the info:
nowaymagstaff@nowaynetmagazine.com

Martial Arts Crosswords

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

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

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

Ladies – Checkout the Keepin You Sexy Body Garment

See how you can drop 3 sizes in
10 minutes.

<http://www.1ancientwon.com/KeepinYouSexyFiver.pdf>
LINK



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.iava.org>



Grandmasters
Karriem AbdAllah vs. Jeff Smith

We've got a clip from the historic fight
on the under card of the

Thrilla in Manila

http://www.1ancientwon.com/media/noway_videos/Grandmasters_Karriem_AbdAllah_vs_Grandmaster_Jeff_Smith_1975.html
LINK

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 for details and assistance in organizing a seminar. www.iainabernethy.com/news_page.asp#Seminars

3rd of May 2009 - Edinburgh, Scotland

On the 3rd of May I'll be teaching in Edinburgh! The seminar is to be held at Meadowbank Sport Centre, London Road, Edinburgh, EH7 6AE and will run from 12:00 to 16:00. The course will cost £25 per person and a £15 deposit must be received before the middle of April 09. Cheques should be made out to "Marta Lendzian" and sent to Marta Lendzian (Club Treasurer), 4/2 Hawkhill Close, Edinburgh, Lothian, EH7 6FD. For further details please contact Marta (m.lendzian@kyokushinkan.co.uk / 07933309755) or Stephen (s.mccann@kyokushinkan.co.uk / 07595293058).

10th of May 2009 - Worcester, West Midlands

This seminar will take place from 12pm to 4pm on Sunday the 10th of May 2009. It is to be held in the Fernhill Heath War Memorial Club, Droitwich Road, Worcester, West Midlands. It will cost £25 per person (inc light snack afterwards) and a deposit of £10 is to be paid ASAP. You are encouraged to act quickly if you wish to attend. No on the door tickets will be available. All cheques should be made payable to "Nigel Lee" and sent to 46 Pear Tree Way, Church Meadows, Wychbold, Droitwich Spa, Worcs, WR9 7JW. Nigel can also be contacted via 07534942127 and nigel1975@btinternet.com

24th of May 2009 - Stockport

On Sunday the 24th of May I'll be teaching a seminar in Stockport. The seminar will run from 12 to 4 pm and will take place the North West Martial Arts Academy, 1st Floor, 3 Tollbar St, just off Hillgate, Stockport, SK1 3EW (venue phone number is 0161 429 9343). The cost will be £25 per person. To book your place please contact Stuart Kennedy on 07786098631 or info.elitema@gmail.com. Alternatively you can also contact John Salt on 07974 833839 or by email on johnsalt56@googlemail.com. Having confirmed places are still available, you can pay by sending a cheque (payable to "E.I.M.A.") to 10 Meadow Lane, Disley, Stockport, Cheshire, SK12 2EX. Places are to be strictly limited (20 people) and hence you are requested to get in touch ASAP in order to ensure you get a place.

6th of June 2009 - Bridgwater, Somerset

The seminar is to be held on the 6th of June from 11:00am to 2:00pm and will cost just £25 per student (14 years+ only). There is a maximum of 30 places available so you are encouraged to contact Andy as quickly as possible. This seminar covers the two-man compliant and semi-compliant drills Iain teaches as the link between solo kata and its live combative use. The course will include drills from a number of kata with the aim being to show all those in attendance how they can create their own drills from kata. No prior knowledge of kata bunkai is needed. The seminar will be held at the NEW dojo: Plum Lane (end of), Dunwear, Bridgwater, Somerset, TA6 5HL. For further information please contact Andrew Daly at bridgwaterwado@tiscali.co.uk You can also call Andrew on 01278 685559 or 07500847121. To secure your place, send a cheque for the full amount made payable to "Andrew Daly" to 47 Rowlands Rise, Puriton, Somerset, TA7 8BU. www.bushi.org.uk

27th and 28th of June 2009 - Stuttgart, Germany

Bunkai-Lehrgang mit Iain Abernethy am 27./28.06.2009 in Stuttgart! Termin & Ort: 27./28.06.2009 - Keltenschanze, Pfaffenwaldring 11, Stuttgart-Vaihingen (Uni Campus). Lehrgangsinhalt: Samstag, 27.06.2009: 10.00 - 12.00 Uhr, 13.00 - 14.45 Uhr, 15.15 - 17.00 Uhr. Sonntag, 28.06.2009: 9.30 - 11.00 Uhr, 11.30 - 13.00 Uhr. Lehrgangsgebühr: 50 Euro für beide Tage (35 Euro nur Samstag, 20 Euro nur Sonntag) Die Teilnehmerzahl ist begrenzt. Eine Anmeldung wird empfohlen. Bewirtung: Für das leibliche Wohl ist gesorgt. Das Sommerfest des UKD findet am Samstag im Anschluss im Unitheke, Allmandring 17, 70569 Stuttgart-Vaihingen (Uni Campus) statt. Es ergeht herzliche Einladung an alle Lehrgangsteilnehmer. Anmeldung/Info: Nick Hofele: nicolas.hofele@ukd-stuttgart.de Teilnahme ist ab 18 Jahren möglich. Lehrgangssprache ist Englisch. Veranstalter: Uni Karate Dojo Stuttgart e.V. Haftung: Veranstalter und Ausrichter lehnen eine Haftung jeglicher Art ab!

July 5th 2009 - Swindon, Wiltshire

This seminar will run from 1:00pm to 5:00pm and will be held at the Walcot Dome Community Centre, Burghley Close, Walcot, Swindon, SN3 3BS. For further details and to book your place, please contact Andi Kidd at Andi.Kidd@stfc.ac.uk You can also call Andi Kidd on 07818417181. The cost of the seminar is £20 (full amount or a £10 deposit secures your place). Cheques should be made payable to "Andi Kidd" and sent to Andi Kidd, 15 Dulverton Ave, Park North, Swindon, SN3 2NT. Places are limited so please be sure to contact Andi as soon as possible.

July 18th 2009 - Romford, Essex

On Saturday the 18th of July I'll be teaching in Romford, Essex from 11am to 3pm. The seminar will be held in Pyrgo Priory Primary School, Settle Road, Harold Hill, Romford, Essex, RM3 9RT. The cost of the seminar is £25 per person and payment needs to be received before the end of June (places are limited so please book as soon as you are able: the course will probably be full long before the end of June deadline). Cheques and postal orders - payable to "Rachel Cooper" - should be sent to Scott & Rachel Cooper, 7 Sedgefield Crescent, Harold Hill, Romford, RM3 9RR. You can also pay via PayPal if you wish (doodle_bug_73@hotmail.co.uk). Scot Cooper can be contacted on 07858 868 262 or doodle_bug_73@hotmail.co.uk

www.iainabernethy.com/news_page.asp#Seminars

Details of Iain Abernethy's upcoming seminars can be found on the News Page of www.iainabernethy.com To organise a seminar for your club, write to seminars@iainabernethy.com or call 01900829406.

Interview with the Grandmaster of the #1 martial arts Web site

Bullshido.com is the #1 general martial arts site on the Internet, with more than 80,000 members. For Part 1 of this interview, Neal Fletcher -- aka "Phrost" and Senior Executive Grandmaster Founder God Emperor Admin of Bullshido.com, was kind enough to grant me an interview and share some of his martial arts history, his philosophy, and what inspired him to start Bullshido.com.

Tell us a little about yourself -- name, age, rank, serial number, blood type, whatever you'd care to spill.

My name is Neal Fletcher and my Social Security number is 457-55-5462. I'm a MMA/Boxing judge, a former U.S. Army noncommissioned Officer, a semi-retired amateur fighter with a punch-line win record, and lover of fine cigars. I like long walks on the beach, a cool breeze in my hair, and ninjas. None of that last sentence is true. According to my family I'm descended from Pirates, which if true, would explain a lot of things...

What inspired you to start Bullshido? (By the way, did you invent that word?)

You know, despite the fact that someone may have used the word in an unrelated context before I did, I still claim that I invented it. I sure as hell defined it as it's used today. And of course, I own it as a trademark so for all intents and purposes, it's "my" word. (Take that you aspie basement shut-ins on Wikipedia.)

Read the rest of the article here at

<http://www.examiner.com/x-5954-Seattle-Martial-Arts-Examiner~y2009m4d29-Interview-with>

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

Jose Canseco to make mixed martial arts debut

<http://www.espn.com/mma/story?id=4200000>

LINK

From the National Association of Professional Martial Artists Important - State Regulators "Zeroing" in on Martial Arts Schools

New Jersey Senator PAUL A. SARLO - District 36 (Bergen, Essex and Passaic) has proposed a State regulatory bill that would INCLUDE stringent regulation of YOUR martial arts school! (If you Live in New Jersey)

On October 6th, legislation was introduced in the State Senate that would place unnecessary and burdensome licensing requirements on New Jersey personal trainers and group exercise instructors (which is written to SPECIFICALLY include EVERY martial arts school owner in the state). School Owners in New Jersey would face unrealistic and stifling measures that will put much undue financial strain on individual school owners, including State mandated and facilitated training. This bill is now in the Commerce Committee where legislators will discuss the financial impact of this regulation.

NAPMA has always lobbied for "self regulation" of our industry, and we have had a great track record of defeating such damaging regulation attempts.

****WE NEED YOUR HELP!****

If you live in New Jersey, Please click this link, <http://napma.com/LegislativeAlert/index.html> we've put together a system to make it easy for you to send your state representatives a message describing your concerns!

If you do NOT live in New Jersey, pay CLOSE attention to your state. If this bill passes in NJ, it could very well pave the way for more regulation and interference from other states.

Free Martial Arts E-Books and newsletters

The Martial Arts E-books in this section are either free, or you can download part of an e-book and decide if you'd like to purchase the whole thing later.

Jissen Magazine- "Jissen" is Japanese for "actual combat" or "real fighting". It's also the name of a FREE online magazine dedicated to serving all martial artists that approach the traditional martial arts from their original combative perspective. Get it at http://www.iainabernethy.com/Jissen_Magazine.asp

E-books from Sensei Iain Abernethy

Get Sensei Abernethy's
Newsletter
in PDF

at www.iainabernethy.com/news_page.asp

The Martial Minute Newsletter

Martial Minute is a monthly e-newsletter - prepared by leading Bunkai exponent Kris Wilder - that is "Fast news for today's martial artist." It includes tips to improve your training, books and other recommendations, with a little humour thrown in here and there. Check out the sample issue and see if it looks like something you'd like to receive in your email inbox every month.

Information provided by
iainabernethy.com

Subscription Link:

www.westseattlekarate.com/resources/newsletter.html

The Society of Applied Traditional Martial Arts

http://www.iainabernethy.com/Society_of_Applied_Traditional_Martial_Arts.asp

Free Practical TKD Newsletters

Information provided
by iainabernethy.com

<http://www.practical-martial-arts.co.uk/cgi-bin/mailinglistmail.cgi?list=prknews>

Close Quarters Combat Newsletter

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

JOE LEWIS' FREEFIGHTING SYSTEM

<http://www.kenpousa.com/lewis.htm>

Matthew Sylvester's Practical Taekwondo Newsletter

A message from Matthew: *Hi All,*

Just to say that we're now up to issue 5 of the Practical Taekwondo newsletter.

If you're interested in practical martial arts, and want to see how patterns can be applied on the street, or examined in the dojo then this is the newsletter for you.

Future subjects will also cover OODA Loop drills, Scenario-based drills for civilians and front line personnel such as Door Supervisors and a number of other topics that will seek to aid and inform.

To subscribe, simply email newslettersubs@practical-martial-arts.co.uk, it's FREE and I guarantee that you will learn something.

Alternatively, you can download them at <http://www.matthewsylvester.com/pdf.html>
Information provided by iainabernethy.com

Kirk Lawson's FREE western martial arts e-books!

Boxing and How to Train - **Wrestling** - Scientific Boxing Together with Hints on Training and the Official Rules - **Wrestling and How to Train** - The Art of Boxing and Manual of Training - **Scientific Wrestling** - American Jiu Jitsu - **The Art of Gatka-Fighting** - Military Saber Training Manual - **The Complete Science of Wrestling** - Boy Scouts Master at Arms Badge **Physical Culture and Self Defense** - The Walking Stick Method of Self Defence **An Abridgment of the New Broad Sword Exercise** - The Hand-book to Boxing - Boxing and Wrestling

Information provided by
iainabernethy.com

Martial Arts Festival UK (FREE Iain Abernethy workshop)
Information provided by
iainabernethy.com

<http://www.maf-uk.co.uk/Workshops.html>

More MA E-books at these links

http://www.1ancientwon.com/entertainment_ebooks/1Awon_ebooks.html

http://www.kerwinbenenson.com/free_ebooks.html

<http://www.usmta.com/MTI-E-BOOK-NEW-FRAME.htm>

<http://www.fictionwise.com/eBooks/freeBooks.htm?cache>

<http://www.kungfulibrary.com/e-book-store.htm>

<http://home.earthlink.net/~jeettek/page7.html>

<http://karate.snowcron.com/karate.htm>

<http://taichi.snowcron.com/index.html>

<http://www.awcaonline.com/emedia/ebooks/htcmaeb.html>

<http://ashidakim.com/stb.html>

www.johnsebooks.com

Fight Video Game, News, Reviews and Forums

Get all the Latest Gaming news at http://www.gamasutra.com/php-bin/news_index.php

Get all the Latest Gaming news at http://digg.com/gaming_news

Get all the Latest Gaming news at <http://www.n4g.com/>

Get all the Latest Gaming news at <http://www.ign.com/>

Get all the Latest Gaming news at <http://www.1up.com/>

Get all the Latest Gaming news at <http://kotaku.com/index.php>

Get all the Latest Gaming news at <http://www.igamingnews.com/>

Get all the Latest Gaming news at <http://www.gametab.com/>

Get all the Latest Gaming news at <http://www.videogamenews.com/>

Get all the Latest Gaming news at <http://www.casinocitytimes.com/news/>

Gaming Blogs

LINK



The Matrix Online Fan Movie - Do or Die

<http://www.youtube.com/watch?v=jASl-ACA-8&feature=PlayList&p=13DBDAFABADFC6BC&index=3>

LINK



World of Warcraft Trailer

LINK

Widget Brings Twitter to *World of Warcraft*

Noticing the almost definite overlap between those gamers whose addictive personality has them hooked on *World of Warcraft* and the millions of Twitter fiends all over the world, developer PlayXpert has unveiled the aptly named "Twitter Widget."

Read more at <http://www.wired.com/gamelife/2009/05/widget-brings-twitter-to-world-of-warcraft/>

UFC 2009 Undisputed Demo Released

Ultimate Fighting Championship videogame allows consumers to enter the virtual octagon with game sample prior to worldwide debut in May

THQ today announced that a playable demo of **UFC 2009 Undisputed**, a game based on the renowned Ultimate Fighting Championship mixed martial arts organization, is now available via Xbox LIVE Marketplace and PlayStation Network. The demo will allow consumers to sample an exhibition bout with former UFC Light Heavyweight Champion Chuck "The Iceman" Liddell and Mauricio "Shogun" Rua. The demo will.....

Read the rest of the article at

http://www.gamershell.com/news_74712.html

Martial arts gamer news at

<http://www.gamershell.com/search/?q=martial+arts>

Martial Arts Radio and Podcasts

Now playing on 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.fwicki.com/rss/Podcast-101/Martial-Arts-Videos-and-Podcasts>

Chinto / Gankaku Kata: Application & History

Podcast from iainabernathy.com

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



Kung Fu Street Fight

http://www.1ancientwm.com/media/Martial_Arts_Videos/kung_fu_streetfight.html

LINK



A Tribute Video
David Tank Abbott

http://www.1ancientwm.com/media/Martial_Arts_Videos/tank_abbott_tribute.html

LINK



Martial Arts Radio from Sherdog.com
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/eco-home-living/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/

Martial Art Masters of Texas Podcasts

http://www.podcastalley.com/podcast_details.php?pod_id=54606



Martial Arts Video Clips

STRAIGHT DAMAGE!!!

Rampage Jackson KO's Ricardo Arona via Power Bomb http://www.1ancientwon.com/media/noway_theatre/May_09/Rampage_Jackson_KOs_Ricardo_Arona.html

Quinton "Rampage" Jackson http://www.1ancientwon.com/media/noway_theatre/May_09/Rampage_Jackson_highlights.html

Great Knockout Reel http://www.1ancientwon.com/media/noway_theatre/May_09/Extraordinary_Knockouts_Highlights.html

Best Knock-Outs http://www.1ancientwon.com/media/noway_theatre/May_09/UFCs_Best_KnockOuts_Highlights.html

Andrei "The Pitbull" Arlovski http://www.1ancientwon.com/media/noway_theatre/May_09/Andrei_The_Pitbull_Arlovski_Highlights.html

Ken Shamrock http://www.1ancientwon.com/media/noway_theatre/May_09/Ken_Shamrock_Highlights.html

A REAL Street Fighter http://www.1ancientwon.com/media/noway_theatre/May_09/Highlights_of_a_real_streetfighter.html

Urijah Faber http://www.1ancientwon.com/media/noway_theatre/May_09/Urijah_Faber_Highlights.html

Tito Ortiz = BAMF http://www.1ancientwon.com/media/noway_theatre/May_09/Tito_Ortiz_Highlights.html

Matt Hughes http://www.1ancientwon.com/media/noway_theatre/May_09/Matt_Hughes_Highlights.html

Chuck Liddell http://www.1ancientwon.com/media/Martial_Arts_Videos/chuck_liddell_tribute.html

BJ Penn http://www.1ancientwon.com/media/noway_theatre/May_09/BJ_Penn_Highlights.html

Randy Couture http://www.1ancientwon.com/media/noway_theatre/May_09/Randy_Couture_Highlights.html

Georges St. Pierre http://www.1ancientwon.com/media/noway_theatre/May_09/Georges_St_Pierre_Highlights.html

Anderson Silva http://www.1ancientwon.com/media/noway_theatre/May_09/Anderson_Silva_Highlights.html

Fedor Emelianenko http://www.1ancientwon.com/media/noway_theatre/Feb_09/Fedor_Emelianenko_Highlights.html

David Tank Abbott http://www.1ancientwon.com/media/Martial_Arts_Videos/tank_abbott_tribute.html

Roy Jones Jr. http://www.1ancientwon.com/media/noway_theatre/May_09/Roy_Jones_jr_Highlights.html

Ramon The Diamond Dekkers http://www.1ancientwon.com/media/noway_theatre/Oct_08/Ramon_Dekkers_Highlight.html

Forrest Griffin http://www.1ancientwon.com/media/noway_theatre/May_09/Forrest_Griffin_Highlights.html

Iron Mike Tyson http://www.1ancientwon.com/media/noway_theatre/May_09/Mike_Tyson_Highlights.html

Muhammad Ali http://www.1ancientwon.com/media/noway_theatre/May_09/Muhammad_Ali_Highlights.html

Frank Shamrock http://www.1ancientwon.com/media/noway_theatre/May_09/Frank_Shamrock_Highlights.html

George Foreman http://www.1ancientwon.com/media/noway_theatre/May_09/George_Foreman_Highlights.html

Bas Rutten http://www.1ancientwon.com/media/noway_theatre/May_09/Bas_Rutten_Highlights.html

Pat Smith http://www.1ancientwon.com/media/noway_theatre/May_09/Pat_Smith_Highlights.html

Floyd Mayweather Jr. http://www.1ancientwon.com/media/noway_theatre/May_09/Floyd_Mayweather_Jr_Highlights.html

Manny Pacquiao http://www.1ancientwon.com/media/noway_theatre/May_09/Manny_Pacquiao_Highlights.html

Cung Le http://www.1ancientwon.com/media/noway_theatre/May_09/Cung_Le_Highlights.html

Thomas The Hitman Hearn http://www.1ancientwon.com/media/noway_theatre/May_09/Tommy_Hitman_Hearn_Highlights.html

Got to let the Ladies in – Kathy Long http://www.1ancientwon.com/media/noway_theatre/May_09/Kathy_Long_Fight_Highlights.html

Roberto Duran http://www.1ancientwon.com/media/noway_theatre/May_09/Roberto_Duran_Highlights.html

Picture Gallery

This section is for pictures we found on the net and liked. We've included the website name and tried to include the names of the people involved. Visit their sites for more information on them. If anything is found to be incorrect or needs changing let us know. Some of the images are drawing or paintings that are for sale; visit the site for artist info or to see how you can purchase them.

MARTIAL ARTS PICS ON THE WEB

Rampage <http://www.grapplingstore.com/contents/media/Rampage%20Jackson%201.JPG>

Wanderlei Silva <http://www.mmafight.com/wp-content/uploads/2009/03/wanderlei-silva.jpg>

Tito Ortiz <http://boycottufc.files.wordpress.com/2008/05/titoortiz1.jpg>

KO's
<http://boycottufc.files.wordpress.com/2008/05/titoortiz1.jpg>

<http://upload.wikimedia.org/wikipedia/commons/e/e5/SingletonBox-knockout.jpg>

<http://sportsroids.com/wp-content/uploads/2008/10/jackson-rampage-fights-skill-knockout.jpg>

http://theufcresults.com/wp-content/uploads/2007/06/rampage_knockout.jpg

<http://www.baltimoresun.com/media/photo/2008-06/39680644.jpg>

<http://mmafrazee.files.wordpress.com/2008/01/jardine-griffin1471.jpg>

<http://theufcresults.com/wp-content/uploads/2009/02/diego-sanchez-vs-joe-stevenson.jpg>

http://z.about.com/d/losangeles/1/0/I/3/-/-/UFC76clementi_vs_johnson3.jpg

http://mma-live.com/wp-content/uploads/2008/07/ufc76clementi_vs_johnson2.jpg

http://www.ufcscene.com/wp-content/uploads/2008/02/ufc81_brock_lesnar_vs_frank_mir.jpg

http://nbcspormedia4.msnbc.com/i/NBCSports/Sections/UFC/PhotoArchive/YearReview/Irvin8SecondKO_aim640.jpg

<http://www.newsday.com/media/photo/2009-03/45462891.jpg>

Andrei "The Pitbull" Arlovski http://images.dailystar.com/media/uploads/hallway/photos_large/2008/07/17/Andrei_Arlovski.jpg

Ken Shamrock <http://www.ufcmedia.com/wp-content/uploads/Image/2007/may-june/ken-shamrock.jpg>

Urijah Faber <http://weblogs.newsday.com/sports/watchdog/blog/urijah1.jpg>

Matt Hughes <http://www.plu.edu/~thompskj/MattHughes.jpg>

Chuck Liddell <http://www.testrffic.com/resultfiles/18659Dsp-ChuckLiddell-757863.jpg>

BJ Penn <http://media.photobucket.com/image/BJ%20Penn/patriciaparrish/penn3.jpg>

Randy Couture <http://www.mmabay.co.uk/img/randy.jpg>

Georges St. Pierre <http://media.photobucket.com/image/Georges%20St.%20Pierre/Kisfust/GeorgesSt.jpg>

Anderson Silva <http://blogs.starbulletin.com/fightingwords/wp-content/uploads/2008/03/silvahendo.jpg>

Fedor Emilianenko <http://www.yorkblog.com/mma/fedor.jpg>

David Tank Abbott http://media.photobucket.com/image/tank%20abbot/tattoo_tim76/TANKABBOTT.jpg

Roy Jones Jr. <http://www.cyberboxingzone.com/images/jones-roy-jr-11.jpg>

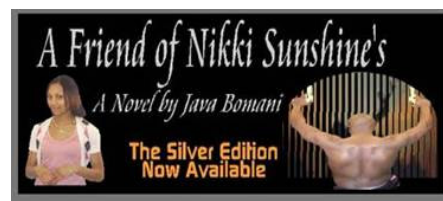
Ramon The Diamond Dekkers
<http://www.strikezonedortmund.eu/images/img90567.jpg>

Forrest Griffin <http://themaspace.com/WordPress/wp-content/uploads/2009/03/Forrest%20Griffin1.jpg>

Iron Mike Tyson <http://www.cyberboxingzone.com/images/tyson-mike-33.jpg>

Muhammad Ali http://www.time.com/time/photogallery/0,29307,1632177_1383678,00.html

Frank Shamrock http://www.completemartialarts.com/whoswho/competitors/images/Frank_Shamrock.jpg



A Dynamic Symphony of Action

A Friend of Nikki Sunshine's - A novel by Java Bomani

One day... The biggest problem in Zinna Osani's privileged life was, trying out for her college's gymnastics team.

The next day... she's running for her life - the focal point of a modern day coup d'etat - a wicked business man hires a squad of mercenaries to finish her - she turns to a mafia hitman for help -

KICKING OFF A FRENETIC SYMPHONY OF ACTION

http://www.amazon.com/Trend-Nikki-Sunshine-Java-Bomani/dp/1411003670/ref=pe_1_47103_9075751464171?pf_rd_p=1197464998&pf_rd_r=1197464998

LINK

Thomas The Hitman Hearn

http://tvoneblogs.com/thespin/wp-content/uploads/2009/04/thomas_hearns_kronkboxingteam.jpg...

Kathy Long

<http://media.photobucket.com/image/Kathy%20Long/GODDEZ2007/KathyLong-1.jpg>

Roberto Duran

<http://www.anteprizering.com/duranstallone4554.jpeg>

George Foreman

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<http://www.thunderfightgear.com/images/BasPoster.jpg>

Pat Smith

<http://whitetoemartialartassociation.com/mvPictures/Charles%20and%20Patrick%20Smith.jpg>

Floyd Mayweather Jr.

<http://www.free-sport-wallpapers.com/box/floyd-mayweather-jr-1.jpg>

Manny Pacquiao

<http://weblogs.newsday.com/sports/columnists/jimbaumach/blog/manny-pacquiao-11.jpg>

Cung Le

<http://www.5thround.com/wp-content/uploads/2007/12/cle.jpg>

