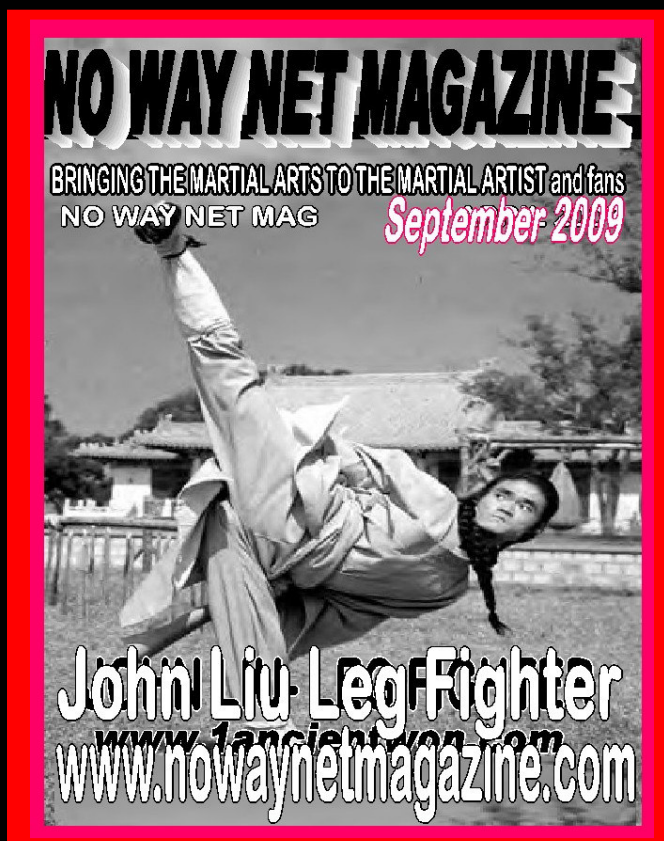


No Way Net Magazine



www.nowaynetmagazine.com

No Way Net Magazine



On the Cover
September 2009
John Liu

The LEG FIGHTER

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.

We decided to do the recreation thing again

Why? We promised that we'd make reproductions of a few of our back issues in the new PDF format in contrast to the EXE versions we used to do. Except.... There's just not enough time, so we decided to make new versions of our old versions. The new editions will have all the latest stuff going on in the martial arts world and we'll just use the old idea to make the new again.

For the month of September 2009, we brought back the kickers. Effective kicking is the physical skill which requires the most of yourself to master. I believe we've put together another great edition. I hope you enjoy this classic edition of NO WAY NET MAGAZINE, the webs best monthly martial arts magazine.

Jsimmonseditor@lancientwon.com

1 ANCIENT WON ENTERTAINMENT



This issue we bring you....

THE LEG FIGHTERS

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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MA NEWS- Calvin Pace Trains MMA

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Seminars, Tournaments and Stuff

MA Social Networks - MA Crosswords

Sensei Iain Abernethy's Upcoming Seminars

Wal-Mart Greeter - Internet Humor V2

MA Poetry & Philosophy - Internet Danger

VIDEO- KEN LO vs J Chan - Free MA E-books

MA NEWS- UFC signs with channel 5

Fight Video Game News, Reviews

Need for Speed Shift

VIDEO- Need for Speed Shift TV Commercial

VIDEO- Need for Speed Shift Opening Video

Gran Turismo 5 Debut Trailer - GT5 Prologue

Martial Arts Radio

VIDEO- No Retreat No Surrender 2

MA NEWS- Moyorga Moves to MMA

MA NEWS- Elvis Stojko does Kung Fu

MA Film: Blood & Bone - Blood & Bone Trailer

MA NEWS- Kung Fu Kick nails Thief

MA NEWS- The next big thing, Taylor Lautner

VIDEO- Kyokushin Karate Tournament

VIDEO- Jim Carrey Karate

VIDEO- Grandmaster Helio Gracie

Martial Arts Video - Picture Gallery

Bulletin Board

Visit the Martial Arts
Community at
www.kickgen.com

Universal Martial Arts Hall of Fame Championships - Tournament

<http://www.usadojo.com/kata/viewfull.asp?eventid=134>

Karate Tournament of Champions 2009

<http://www.usadojo.com/kata/viewfull.asp?eventid=612>

Disney Martial Arts Festival

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

Big List of Tournaments

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

Reed's Karate Nationals

http://karatetournaments.com/event_pages/queen.htm

27th Annual Battle of Baltimore

http://karatetournaments.com/event_pages/bbalt.htm

Get a complete list of Nationwide Karate tournaments at

<http://karatetournaments.com>

NOBLE HOUSE 29TH ANNUAL TOURNAMENT OF CHAMPIONS

http://karatetournaments.com/event_pages/tochamp.htm

RUMBLE IN THE DIRT

http://karatetournaments.com/event_pages/thedirt.htm

KRANE & PSKL to merge - See website

STATE OF THE ARTS CHAMP

<http://kickgen.com/events/58-state-of-the-arts-champ.html>

Pan American Internationals

<http://kickgen.com/events/55-pan-american-internationals.html>

Best of the Best The Meltdown

<http://kickgen.com/events/56-best-of-the-best-the-meltdown.html>

BATTLE ON THE 7 SEAS

<http://www.usadojo.com/kata/viewfull.asp?eventid=719>

Vermont State Nationals

<http://kickgen.com/events/145-vermont-state-nationals.html>

The Black Tiger Martial Arts Championships

http://karatetournaments.com/event_pages/btiger1.htm

North American International Karate Championships

<http://kickgen.com/events/168-north-american-international-karate-championships.html>

Double Impact Seminar

Maxwell Smart
heard that all the
Agents at Control
love No Way Net
Magazine

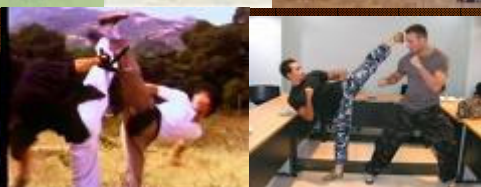
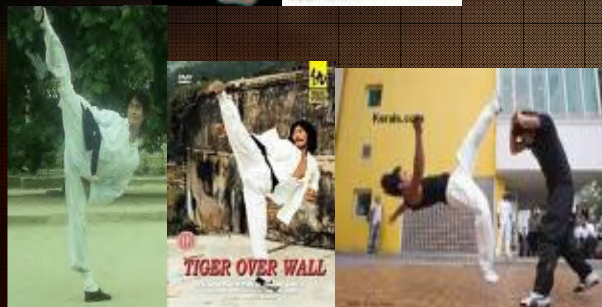
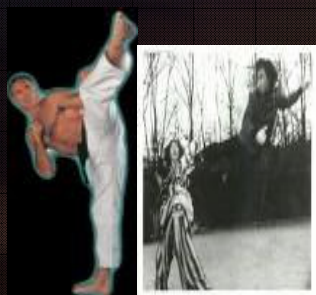


http://en.wikipedia.org/wiki/Get_Smart



Link: www.seaofchi.com

Top Shelf Kickers



Bill Superfoot Wallace, Casanova Wong, John Liu, Hwang Jang Lee, Tony Jaa, Bruce Liang, Tim Man, Raymond Daniels, Tan Tao Liang

Duel of the 7 tigers
- Casanova Wong vs. Cliff Lok



http://www.lancientwon.com/media/noway_theatre/Sept_09/Duel_of_the_7_tigers.html

Martial Artist Spotlight

John Liu & The Leg Fighters

The greatest and most effective skill in the martial arts

John Liu Cinemagic at <http://www.hkcinemagic.com/en/people.asp?id=1031>

The Leg Fighters at <http://www.beijingvideo.com/kicks.html>

The Leg Fighters a.k.a. The Invincible Kung Fu Leg Fighters
Review at <http://www.brns.com/pages4/femftl122.html>

7 Seven GRANDMASTERS - 1978 Kung Fu Movie - Joseph Kuo at <http://classic-kung-fu-movies.blogspot.com/2009/02/7-seven-grandmasters-1978-kung-fu-movie.html>

John Liu's Filmography at http://hkmdb.com/db/people/view.mhtml?id=4159&display_set=eng

Casanova Wong Biography at <http://emisucio.wordpress.com/2008/04/15/biografia-casanova-wong/>

Flashlegs at http://www.geocities.com/flashlegs_tan/menu.html

The best kicker in the world? At
<http://www.martialartsplanet.com/forums/showthread.php?t=85350&page=2>

PETER AERTS EXCLUSIVE INTERVIEW at <http://www.fightingmaster.com/fighters/aerts/interview.htm>

INVINCIBLE ARMOUR Blog at <http://classic-kung-fu-movies.blogspot.com/2009/04/invincible-armour-ng-see-yuen-1977.html>

WARRIORS TWO Sammo Hung Documentary at

<http://classic-kung-fu-movies.blogspot.com/2009/01/warriors-two-sammo-hung-documentary.html>

DRUNKEN TAI CHI - Donnie Yen 1984 Yuen Woo Ping

<http://classic-kung-fu-movies.blogspot.com/2009/02/drunken-tai-chi-donnie-yen-1984-yuen.html>

Little Godfather from Hong Kong at http://hkmdb.com/db/movies/view.mhtml?id=5516&display_set=eng

Hit Man in the Hand of Buddha at <http://www.kungfucinema.com/hit-man-in-the-hand-of-buddha-1981-382>

Bill Superfoot Wallace at <http://www.superfoot.com/aboutbill.asp>

Raymond Daniels hopes kickboxing success translates to MMA at <http://mmafighting.com/interviews/2008/06/25/raymond-daniels-hopes-kickboxing-success-translates-mma>

Whang In-Shik at http://hkmdb.com/db/people/view.mhtml?id=4789&display_set=eng

Words from the Masters

The Death of Kicking by Java Bomani

www.javabomani.com

Published March 05

Is there really a movement to kill the art of kicking? There seems to be. People who have read my writing previously know I never try to tell a person what their Martial Arts experience should be, that's a personal decision each of us can only make on our own. We all know what we want out of the Martial Arts when our interest began. Some want to win trophies, some want to fight in the Octagon, some just want to be able to defend themselves and their families, others are perfectly content sitting in a corner meditating as a candle flickers away. Some love breaking objects, maybe even all the above or even Zen Archery. Whatever you seek, no one can tell you, if it is right or wrong. Now... saying that – The movement to kill kicking bothers me.

"The Wing Chun system says that kicking to the head of an opponent makes as much sense as punching his foot."

Sounds to me like something a person that has a problem kicking would say.

The Mixed Martial Arts movement which is gaining in popularity has resulted in many Martial Artists neglecting or even devaluing the skill of kicking. I've heard many Martial Artists say kicking is overrated, after watching a few too many UFC's or Vale Tudo matches, where no one ever seems to land a real good kick above the knees. The top participants in these matches are supremely skilled in this type of one on one environment, and it leads to people thinking ground fighting is the way to go. The Ultimate Art; the ultimate way to fight. It's been proven, right? A veteran of 20 years in a stand up Martial Art gets beaten inside a minute, by a guy who took 1 year of a grappling art – that proves it right? The answer is yes – in that environment – in a bar or a parking lot at the mall, might be a different story.

In a street fight or an attack where lives are on the line, eye gauging, groin shots and even biting are all legal and encouraged. What if your opponent brings 3 friends with him or her, you'll need to hit, and hit hard enough to stop them in their tracks. The best way to do that is by clean, hard, effective kicks that maim on impact, sending attackers away with a nice little parting gift. Sure you should run when the odds are against you, but what if you can't? I heard somewhere that our legs are three times stronger than our arms, not to mention, to punch someone you need to surpass kicking range to do it.

Therefore, landing a kick is much better than landing a punch, but if an opponent is already in punching or grappling range, we might need to punch, trap or grapple with them and also use kicks to keep the others at bay.

The point is; if a Martial Artist prepares to fight a certain way, they better be sure the contest goes down that way. If not... How can anyone be sure that a street fight won't happen? I guess we'd better be ready.

I decided to put Hwang Jang-Lee, perhaps the greatest film kicker of all time on the cover, and also to share a story I read.

About Hwang Jang-Lee: **During his tour of duty as a martial arts instructor in Vietnam he was challenged by a South Vietnamese knife expert. The challenge was over 30 seconds later. His opponent lay dead, killed by a well executed round kick to the head by Hwang.**



John Liu's Biography

John Liu Chung-liang was born in Taiwan on May 20th, 1944 and ranks as one of the super kickers in kung fu films. His good looks, charismatic persona, and incredible flexibility helped propel him into fame after starring alongside Hwang Jang Lee in Secret Rivals (1976). The film was a hit and began a phase in Hong Kong action film that turned so-called bootmasters like Liu into superstars.

Before his film career began, John Liu trained in the art of Taekwondo under the tutelage of another well known Hong Kong star named Dorian Tan Tao Liang. It was a rigorous training process which eventually gave Liu his incredible flexibility.

In the mid-seventies, Liu was approached by filmmaker Ng See Yuen who was writing and directing a film entitled Secret Rivals.....

Read the rest at

<http://www.atlasfilm.com/product/action/john-liu-biography.htm>

Mirko CroCop Highlight



http://www.lancientwon.com/media/noway_theatre/Sept_09/Mirko_CroCop_Highlights.html

Nogueira tops UFC 102 fighter salaries

MMAWeekly has obtained fighter salary information from the Oregon State Athletic Commission for UFC 102 featuring Randy Couture vs. Antonio Rodrigo Nogueira, which took place on Saturday, August 29, at the Rose Garden in Portland, Ore.

Antonio Rodrigo Nogueira (\$400,000/includes win bonus of \$150,000) def. Randy Couture (\$250,000)

*Nogueira and Couture also earned an extra \$60,000 for "UFC 102 Fight of the Night"

Read more at:

<http://sports.yahoo.com/mma/news?slug=ys-mma-week0890109&prov=yahoo&type=lens>



Soderbergh to direct martial arts fighter's screen debut

Written by: Sari N. Kent

Academy Award winning director Steven Soderbergh will be bringing famed mixed martial arts (MMA) fighter Gina Carano to the silver screen in her motion picture debut, appropriately entitled "Knockout."

Mixed martial arts (MMA) fighter Gina Carano will be making her silver screen debut in the Academy Award winning director Steven Soderbergh's latest project, entitled "Knockout."

According to an article on Variety.com, "Scripted by Lem Dobbs, 'Knockout' casts Carano as a girl from the wrong side of the tracks who is given a second chance to use her skills for constructive purposes. The film is a closer cousin to 'La Femme Nikita' and 'Kill Bill' than 'Million Dollar Baby,' in that it doesn't take place in the fight ring. Rather, Soderbergh considers the film as a flat out action film in the James Bond mold, and will shoot in locations around the world that include Ireland, Turkey and the U.S."

Dobbs and Soderbergh.....

Read More at

<http://www.thecelebritycafe.com/features/32970.html>

YOUR AD HERE

Find out how

http://www.1ancientwon.com/ads/Banner_or_Content_Advertising

VIDEO

Bill Superfoot Wallace



http://www.1ancientwon.com/media/noway_theatre/Sept_09/Bill_Superfoot_Wallace.html

LINK



**"Flash Legs"
Tan Tao Liang**



DONNIE YEN

Queens Rabbis Prepare For Attack By Learning Martial Arts and More

One just doesn't expect to hear about rabbits flying. The action and the animal just don't go together. Furthering this line of thinking, rabbis rolling around on the floor with guns and hiding behind tables doesn't tend to go together either. That is, unless you're a rabbi by the name of Gary Moscowitz.

Moscowitz, a former NYPD police officer and a black belt in karate, decided to start a group called the International Security Coalition of Clergy after two synagogues in the Bronx were the target of a terrorist plot. The group has been working on basic and advanced fighting moves in case a synagogue is attacked via a 100 hour course for synagogue self-defense.

"Jews are not like Christians," Moscowitz said, according to the NY Post. "If I turn my cheek, I'm coming around to make a kick."

Admittedly, when you watch the following video of all of this, Moscowitz and his group of students look out of place, which has served to create a buzz in the.....

Read the rest at:

<http://martialarts.about.com/b/2009/09/05/queens-rabbis-prepare-for-attack-by-learning-martial-arts-and-more.htm?nl=1>

MARTIAL ARTS CLASSES TEACH VALUABLE SKILLS TO COMMUNITY'S YOUTH

By PAULA STUART
News Chief correspondent



LAKE ALFRED - What do Lake Alfred and Korea have in common?

Hapkido, that's what.

Derived from three Korean words - "hap," meaning to unite; "ki," referencing internal power; and "do," indicating a method - this form of martial arts is just as mixed as its name. The Japanese aikido style of combative fighting translates into the Korean characters for hapkido.

Master instructor Paul Galloway, 52, teaches hapkido, to people from all walks of life at First Baptist Church of Lake Alfred, under the name of LA Martial Arts Academy. Although reasons for learning this discipline vary by individual, self-defense seems to be at the top of the list.

Tina Marino, 31, of Lake Alfred, has been taking classes since March for protection.....

Read the rest at: <http://www.newschief.com/article/2010/09/06/NEWS90200650410/10412?Title=Martial%20arts%20classes%20teach%20valuable%20skills%20to%20community%20youth>



Finding ways to relieve stress through a Martial-Arts Dojo

In our daily lives, we all go through a routine of where we all must make a living, to find ways to deal with life, and to be able how to handle our stress throughout the week, and not have to let it overtake our minds, to have it lead to depression.

Sometimes, being able to find a physical exercise routine, can take out a load of exhaustion for individuals to be able to stay in shape, and have a healthy life style. Not many, but only a few find the time to go to the gym, and lift weights, or go for a cardiovascular work out, to maintain the weight.

Many think, to study the Martial-Arts, you have to be young, and fit, and have a wide range of experience.....

Read more at

: <http://www.examiner.com/x9595-Denver-Martial-Arts-Examiner-r-72009m0d6-Finding-ways-to-relieve-stress-through-a-Martial-Arts-Dojo>



Point Sparring TIPS

<http://pretzelssoftfreesparring.8m.com/custom.html>

LINK



What Fruit Is Highest In Vitamin C

By Ivan Nikolov www.edsgym.com

You've heard it so many times: Eat Vitamin C-containing fruits! Vitamin C is good for your health. And it's true. But how do you know what fruit is the highest in Vitamin C?

I wanted to know the answer myself, so I did a research. I figured it would be of use to many, who ask themselves the same question while standing by the fruits section in the grocery store.

And you know what I found? The single fruit that is small enough that you can eat in one sitting without feeling full, and that has the highest Vitamin C content is... yellow kiwifruit. One medium kiwifruit contains more than two times the RDA recommendations!

Well, I need to point out that the current RDA recommendations for Vitamin C (60mg a day) are, mildly said, outdated. And this is not a surprise for anybody. This dose is considered enough just to prevent a person from getting scurvy.

A well-documented study, conducted on healthy men in hospital settings revealed that a daily dose of 200mg is the minimum, required to maintain the tissues fully saturated with Vitamin C.

I personally consider anything below 1,000mg of Vitamin C a day as low (supplemental and food combined), and anything below 500mg as too low.....

Read the rest at <http://www.edsqvm.com/fruits-vitamin-c.html>



**BASIC PRONUNCIATION AND
TERMINOLOGY OF KARATE**

<http://www.wikf.com/vocabulary.htm>



5 Inspirational Quotes of the Month

1- *Self-praise is for losers. Be a winner. Stand for something. Always have class, and be humble.* - John Madden, American Football Coach and Announcer

2- *Derive happiness in oneself from a good day's work, from illuminating the fog that surrounds us.* - Henri Matisse, 1869-1954, French Artist

3- *Progress is impossible without change, and those who cannot change their minds cannot change anything.* - George Bernard Shaw, 1856-1950, Irish Dramatist and Nobel Peace Prize Winner

4- *Mystery creates wonder and wonder is the basis of man's desire to understand.* - Neil Armstrong, American Astronaut and Test Pilot

5- *Marriage is not a noun; it's a verb. It isn't something you get. It's something you do. It's the way you love your partner every day.* - Barbara De Angelis, American Author and Expert on Relationships and Personal Growth

See more at

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

Cung Le Killer Kicks Highlight



http://www.lancientwon.com/media/norway_theatre/May_09/Cung_Le_Highlights.html

LINK

Jason Bourelly vs Gabe Walbridge



http://www.lancientwon.com/media/noway_theatre/Sept_09/Jason_Bourelly_vs_Gabe_Walbridge.html

LINK



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_Mags_Road_Trips/road_trip_home.html

Link

Mas Oyama 'Fighter in the Wind' Trailer by Daisukey



http://www.lancientwon.com/media/noway_theatre/August_09/Fighter_in_the_Wind_Trailer.html

LINK

No Way Net Mag's Product and Film Reviews

GAMER



Movie Info

Genre(s): Action
Sci-fi
Suspense/Thriller

Written by: Mark Neveldine, Brian Taylor
Mark Neveldine, Brian Taylor

Directed by: Mark Neveldine
Brian Taylor

Release Date:
Theatrical:
September 4, 2009

Running Time: 95 minutes, Color

Summary

RATING: R for frenetic sequences of strong brutal violence throughout, sexual content, nudity and language

Starring Gerard Butler, Michael C. Hall, Alison Lohman, Amber Valletta, Logan Lerman, Kyra Sedgwick, Ludacris, and John Leguizamo

Kable is the superstar and cult hero of the ultraviolent "Slayers." Kable is controlled by Simon, a young gamer with rock star status who continues to defy all odds by guiding Kable to victory each week. Taken from his family, imprisoned and forced to fight against his will, the modern day gladiator must survive long enough to escape the game to free his family, regain his identity and.....

Read the rest at:

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

LINK

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



Bringing you the best in Bollywood

<http://www.loveonfirebmagazine.com>

Kim Do Aerial Knockout



http://www.lancientwon.com/media/noway_theatre/June_09/Kim_Do_Aerial_Knockout.html

Clyde Barrow Wanted Poster, 1933

Personal Protection Tips



Protecting Our Children - While Out Playing

- Do not play around water wells or other deep holes.
- Do not play around electric transformers or touch power lines.
- Do not walk, play upon or cross railroad tracks.
- Do not hitch rides on railroad cars.
- Do not climb structures such as coal tipples, powerline towers, or water towers.
- Do not play near ponds or rivers.
- Do not get into abandoned storage tanks, refrigerators, or iceboxes.
- Do not play in abandoned buildings.
- Never play with, or touch, dangerous things like matches, guns, knives, or other hazardous objects.

For more tips go to the Pennsylvania State Police Website at <http://www.psp.state.pa.us/psp/cwp/browse.asp?A=311>

Online Protection Tips



Webroot Spy News from Webroot.com
The maker of the 7 time PC Magazine Editors' award winning program **SPYSWEEPER**

Spyware Horror Stories: Who's on the other line?

We asked our newsletter subscribers to share their worst experiences with spyware and their responses continue to give a whole new meaning to horror.

"I sat down to use my computer one night and noticed it was connected via the phone line. Since I have DSL I knew this wasn't possible. I picked up the phone and my computer connected to something! I grabbed the phone line and unplugged it as fast as I could and it disconnected from whatever it was connected to. A few days later I started getting email from e-Bay and PayPal saying they were having problems in setting up my account. Since I have never visited that site I emailed them to find out if the email was from them and it wasn't! I also started getting phone calls at 4:30am just about every day that sounded like a fax machine with no number available even though I had it set up with the phone company to not allow calls without the number. I then started having problems with all kinds of spyware and pop ups that I never had before and I knew someone had hijacked my computer and stolen my information. I started looking for a spyware program and found Spy Sweeper. I have not had any problems since!"

L.H. Brandon, FL

Support Operation Fast Forward



Forward the magazine to your friends

Everybody likes free stuff

Tim Man Video Sample



http://www.lancientwon.com/media/noway_theatre/Sept_09/Tim_Man_Video_Sample.html



PROPER ETIQUETTE: IT'S EVERYONE'S RESPONSIBILITY!

Proper etiquette is essential as it signifies your commitment and appreciation for an important aspect of Japanese culture that you have chosen to practice. Observation of etiquette indicates your sincerity and willingness to learn, and your trust and respect for yourself, your classmates, and your instructors. Whether you are a beginner or an advanced student, you are equally responsible for following these simple dojo rules (Reigi-saho). If you are a beginner, think of them as the basic building blocks of your journey into the rich world of karate. If you already have been practicing for a while, think of these as a vital aspect of your strive for technical perfection. Never lose sight of what karate is in the first place - it has no place for arrogance or ignorance. When in doubt, think back to the basic tenets of the Dojo Kun ([link](#)).

- **Bowing:** an essential aspect of the Japanese culture that signifies respect and acknowledgment. Bowing is the utmost show of trust. Without exception, bow to those senior to you - out of courtesy, bow to your peers. Bow whenever you enter or exit the class, when you get a new partner for any exercise, and again when you finish that exercise.
- **Showing spirit:** through effort and "kiai"-ng. A loud kiai is the perfect display of powerful spirit. The choice of sound and/or word is yours. The purpose of the kiai, however, is to release energy and relax the upper body muscles so that the technique is powerful and sharp. Words and sounds ending in "ah" sounds therefore better serve this purpose. Don't be afraid to kiai loud as this displays good spirit and will motivate everyone in the class, but never do it half-heartedly. Movements performed at half-speed are typically not accompanied by a kiai. Movements at full-speed, however.....

Read more at: http://www.ncka-karate.org/Dojo_Etiquette.html

A radical reviewing: the ineffectivity of the karate tsuki

<http://www.shotokai.com/ingles/gallery/tokitsu/ineffective4.html>

LINK

1,000 crunches of torture

I recently read that R&B singer Usher does 1,000 crunches a day.



That takes at least 20 minutes to do, considering he's going at a very fast clip. Then he follows that with a 40-minute cardio workout total of one hour doing this workout.

Sorry, but this sounds to me like torture. Usher looks like he's in pretty decent shape but looks aren't everything. We don't know how much of an athlete he is. Also, is his lean body due to genetics and a hectic performance schedule, or is it due to his training? Too many confounding variable to conclude that his workout gives him his body.

But assuming he is in great shape that's due to his training, is this the way you would want to do it? I can't imagine anything as boring as 20 minutes (at least) of crunches and 40-minutes of cardio. Will it get you to your destination?

Highly unlikely, but even if it does, why crawl your way to your goals with a yoke on your neck and a ball and chain around your legs when you can get there faster and easier in a Ferrari.

Forget 1,000 crunch waste-of-time ab workouts that don't produce. Train like a gymnast and get super strong and super ripped abs in a fraction of the time and with no pain or misery

<http://gymnasticabs.com>

No need for long, grueling cardio workouts either. Training like an animal can get you in better shape faster and with a lot more fun too in 4 minutes

http://gymnasticabs.com/animal_kingdom_conditioning.html

Give it a try and see why animals never need to do cardio.

There's a long, hard, difficult, ineffective way to do something, then there's the fast, easy and enjoyable way to get what you want. Your choice.

Wishing you the best,

Eddie Baran

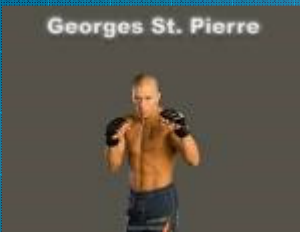
P.S. For fast abs, go here

<http://gymnasticabs.com>

For fast cardio and muscle, go here

http://gymnasticabs.com/animal_kingdom_conditioning.html

Georges St. Pierre



NOW IS THE TIME: BRING BACK KUNG FU!

by Dorothy Willis

Recently my articles have been so well-received that I would now like to share one of my inner most desires with my readers.

If you have read my more recent offerings you will know that I was thrilled to hear that Quentin Rampage Jackson is going to be taking the role as BA Barracus on the remake of the A Team, a TV classic from when my sons were in grade school.

I remember those days fondly and think that with his build and charisma, Rampage will be the perfect fit for the job! I am very excited for the remake, as well as the part Rampage will be taking to make it all possible.

Unlike some other MMA fans who are bemoaning the cancellation of the fight with Rashad Evans, his co-coach on the TUF 10 series, I am very happy about the situation. Rampage had a surgery after the fight with Keith Jardine, Rashad's team Jackson's sparring partner and good friend.

READ THE REST AT:

<http://bleacherreport.com/articles/249790-now-is-the-time-bring-back-kung-fu>

Chucky Mady 6 sec KO
kick to the head



http://www.1ancientwon.com/media/noway_theatre/August_09/Chucky_Mady_KO.html

LINK



Jets' Calvin Pace plans to spend four-game suspension training with MMA star Randy Couture

BY Rich Cimini

DAILY NEWS SPORTS WRITER

The Jets are going to Houston next weekend to start the Rex Ryan era. Calvin Pace is going to Las Vegas.

And he's hoping that whatever happens in Vegas doesn't stay there.

Starting Friday, the Jets outside linebacker began serving a four-game suspension, handed down before training camp for violating the NFL's policy on performance-enhancing supplements. Instead of passing the time in New Jersey or at his home in Atlanta, Pace will spend the next two weeks working out with Mixed Martial Arts (MMA) guru Randy Couture.

Pace hopes to accomplish enough in Vegas to ensure that he's football-ready when he returns Oct. 5, when the Jets begin preparations for a Monday night game in Miami.

"The reason why I'm doing MMA is it's probably the closest thing you can find to football as far as conditioning, cardiovascular and the physical aspect," Pace said after the Jets' 38-27 win over the Eagles Thursday night in their final preseason game. "I'm not going to be fighting and I'm not going to be getting hit. I'm just going to be training my behind off."

Pace will have company. He will be training with Saints defensive linemen Will Smith and Charles Grant, both of whom.....

Read the rest of the story at

http://www.nydailynews.com/sports/football/jets/2009/09/05/2009-09-05_calvin_pace_is_plans_to_spend_two_week_suspension_training_with_mma_legend_randy.html



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Body Garment

See how you can drop
3 sizes in 10 minutes.

www.1ancientwon.com/KeepinYouSexyFlyer.pdf

<http://www.1ancientwon.com/KeepinYouSexyFlyer.pdf>

LINK

Seminars, Tournaments and Stuff

Karate Tournament Central at www.karatetournaments.com

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

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

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

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

Upcoming Events listing at <http://www.kickgen.com/events/list-events.html>

Upcoming MMA.tv Gold Events at 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

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/vogurt/>

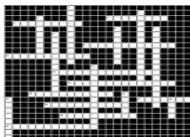
MyFMA.net- <http://www.myfma.net/>

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>



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/>



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>



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

6th September 2008 – Renfrew, Scotland

On Sunday the 6th of September I'll be teaching a seminar at the Renfrew Leisure Centre, Paisley Road, Renfrew, PA4 8LJ. The seminar will run from 11am to 3pm and will cost £25 / person (cheques to be made payable to "Jissen Ryu Shotokan"). Please send your payment to Colin Steel, Flat 1.02, 91 Albert Road, Gourrock, PA19 1NJ. For further details and for answers to any questions, please contact Colin via colinsteel677@btinternet.com or call him on 07837285404

12th September 2008 - Pontypridd, Wales

I'll be teaching in Pontypridd, Wales on Saturday the 12th of September! The seminar will run from 12pm to 4pm and will be held in Llantwit Fardre Sport Centre, Central Park, Church Village, Pontypridd, CF38 1DN (Tel: 01443 201721). The cost will be £25 per person. Cheques should be made payable to "Mr Andrew O'Brien" and sent to Andrew O'Brien, 85 Conway Rd, Pontcanna, Cardiff, CF11 9NW. Andrew can be contacted on either 02920901062 or 07772212962 and andy@zanshintraining.com

19th September 2008 - Barmouth

On Saturday the 19th of September Iain Abernethy will be teaching alongside Sensei Unel Wellington at Pavilion Leisure Centre, Promenade, Barmouth, Gwynedd, LL421NF. The seminar will commence at 10.00 with introductions and warm up session followed by instruction from Sensei I Abernethy until 1300. There will then be 1 hour for lunch with Sensei Wellington teaching until 17.30. The seminar is due to finish at 18.00. The all inclusive cost for this full day's event is £25. For further details and application forms please ring Tom Baker (Committee member) on 01341250340 or email tombaker3138@hotmail.com Please contact Tom for application forms and further details so that cheques (payable to "Barmouth Karate Club") can be sent to Tom Baker, Plas Bradwen, Llwyngwrl, Gwynedd, LL372JQ before Monday 7th September 2009. Further details can also be found by clicking [HERE](http://karatewales.co.uk/forthcomingevents.htm) (<http://karatewales.co.uk/forthcomingevents.htm>).

27th September 2009 - Bristol

On Sunday the 27th of September I'll once again be teaching a seminar on applied karate / kata bunkai at the Bristol Dojo (www.bristoldojo.com)! This seminar will run from 11am to 3pm and the address is Bristol Dojo, Upper Floor, Middle Unit, 74-78 Avon Street, Bristol, BS2 0PX. The cost is £25 per person and this must be paid at least two weeks before the date of the seminar. Cheques should be made payable to "Bristol Dojo" and sent to Simon O'Brien, 14 Marjoram Way, Village Quarter, Portishead, Bristol, BS20 7JF. Simon can also be contacted via simon@imperialkarate.com or 07808822578

http://www.iainabernethy.com/news_page.asp#Seminars

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



Wal-Mart Greeter

A very loud, unattractive, mean-acting woman walked into Wal-Mart with her two kids, yelling obscenities at them all the way through the entrance.

The Wal-Mart Greeter said pleasantly 'Good morning, and welcome to Wal-Mart. Nice children you have there. Are they twins?'

The ugly woman stopped yelling long enough to say, 'Hell no they ain't. The oldest one's 9 and the other one's 7. Why the hell would you think they're twins? Are you blind, or just stupid?'

'I'm neither blind nor stupid, Ma'am,' replied the greeter. 'I just couldn't believe you got laid twice. Have a good day and thank you for shopping at Wal-Mart.'



Fat Boy boogies to
Beyonce's single ladies

http://www.1ancientwon.com/media/fat_boy_dance_the_sequel.html

LINK

**Get more...
Internet Humor**

Just finished up the 2nd edition of
Internet Humor. Pass it on if you love it.

http://www.1ancientwon.com/Internet_humor/Internet_Humor_Home.html

LINK

Martial Arts Poetry & Philosophy

Dollar Store Black belt

A poem by Java Bomani

<http://www.javabomani.com>

Just what was dude thinking?
Did he figure me – to be,
some dollar store black belt?
Some, Sensei worthy of play?

He was so sure when he moved on me.

It was like somewhere along the line he learned
my onyx colored rank came gift wrapped,
with a bow and a strap.

Was – strictly decorative – not earned.

Like, I didn't repeatedly strike the heavy bag and Makiwara
then graduate to gravel – and grapple.

Like, I didn't bleed and bruise in intense dojo battles,
where I rattled and got rattled.

He must've thought,
I sold my prized record collection on eBay.
Then purchased 12 DVD's
from some self anointed instructor far, far away.
Whose lineage can be traced back to Sum Dum Gi,
who was a Kung Fu pastor.
Press play, and when the check clears I'm a Con Fu master.

Or... I went to the Mcdojo in the mall.
The one between Kenny Shoes and the Taco Buffet,
across from C&J, Victoria's Secret is just down the way.

Nope, the grindstone is still wet from my blood, sweat,
and bad intentions.

To make such assumptions just isn't prudent.
Once he realizes that, he's become life's student



No Way Net Magazine

Achieve, Defend, and Win
By Joe Montaque - Mizu Dojo

Have a Broad Perspective
Be Aware of Your Options
Choose a Direction

Develop the Discipline of Patience
Be Alert for Opportunities
Avoid the Wrong Responses

Anticipate Problems and Setbacks
Be Determined to Persevere
Develop a Pride in Your Dedication

Practice Right Actions
Do It till You Die
Live

Read more Poetry

<http://www.cuongnhu.com/Poetry.aspx>

Link

You can get back issues of
the magazine at:



<http://www.nowaynetmagazine.com>



nowaymagstaff@1ancientwon.com

facebook

<http://www.facebook.com/java.bomani>

PROTECT YOUR KIDS NOW
FROM INTERNET DANGERS



http://www.1ancientwon.com/media/noway_theatre/Sept_09/Internet_Dangers.html



UFC signs ground-breaking deal with Channel Five and Five USA to show TUF series

There is further news in the landmark deal for mixed martial arts in the UK, following the exclusive breaking news in The Daily Telegraph on Monday that the Ultimate Fighting Championship have signed a deal with terrestrial station FIVE to show UFC events.

With mixed martial arts available free to 54 million homes from next week, I can also reveal that FIVE's sister channel *FIVE USA* will also show the forthcoming series of The Ultimate Fighter.

In a milestone deal which brings the world's leading mixed martial arts organisation to British terrestrial television audiences for the very first time, the two-tier deal means that highlights of the best UFC action will be screened on the FIVE network, on a delayed basis.

In addition to the UFC events, FIVE's sister channel, *FIVE USA, *available on all cable and satellite platforms, is the new home of the UFC's groundbreaking reality TV series 'The Ultimate Fighter'.

UFC UK Division President Marshall Zelaznik said: "This is a huge step for the UFC in the UK. We are delighted to partner up with FIVE - who are trailblazers in their approach to both sports and programming - and bring the best bouts and the world's greatest fighters to the largest possible audience."

The most successful series of its kind, The Ultimate Fighter (TUF) sees reality television collide with combat sport as 16 of the best unsigned mixed.....

Read the rest of the story:

<http://www.telegraph.co.uk/sport/othersports/boxingandmma/6156850/UFC-signs-ground-breaking-deal-with-Channel-Five-and-Five-USA-to-show-TUF-series.html>

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>

Fight Video Game, News, Reviews and Forums



Need for Speed SHIFT

Game Info

Release Date -

September 15th, 2009 - North America

September 17th, 2009 - Europe

IGN: "Adrenaline-packed"

Gamepro: "The most immersive, sensory racing game"; "A major step forward for all racing games"

PlayStation: The Official Magazine: "Expertly executed"

Need for Speed™ SHIFT is an award-winning authentic racing game that combines the true driver's experience with real-world physics, pixel-perfect car models, and a wide range of authentic race tracks. Need for Speed SHIFT takes players in a different direction to create a simulation experience that replicates the true feeling of driving high-end performance cars.

Players are thrust into the loud, visceral, intense, athletic experience of racing a car on the edge of control from the driver's perspective through the combination of perception based G-forces, the hyper reality of the cockpit view, and the brutal experience of a first person crash dynamic. Need for....

Read the rest of this article at: <http://www.ea.com/games/need-for-speed-shift>



No Way Net Magazine

Need for Speed SHIFT TV Commercial



www.lancientwon.com/media/noway_theatre/Sept_09/Need_for_Speed_SHIFT_TV_Commercial.html

LINK

Need for Speed SHIFT Opening Video Revealed



http://www.lancientwon.com/media/noway_theatre/Sept_09/Need_for_Speed_SHIFT_Opening_Video.html

LINK

GRAN TURISMO 5 PROLOGUE

is the latest installment in the *Gran Turismo* series and a PlayStation 3 exclusive title which was announced at the E3 2007.

This short version title is a precursor and sampling of Polyphony Digital's planned *Gran Turismo 5* and replaces *Gran Turismo HD Concept*. The "Prologue" suffix is a self-reference to *Gran Turismo 4 Prologue* which was released one year before the full version of *Gran Turismo 4*.^[2] Since October 3, 2008, the game is now referred to as **Gran Turismo 5 Prologue Spec III** which is the software's version 3.0 title.^[8] As of August 2009, the game has sold 3.9 million copies worldwide.^[9]

The game is a budget sale which was first released in Japan on December 13, 2007 (Blu-ray Disc and.....

Read more at http://en.wikipedia.org/wiki/Gran_Turismo_5_Prologue

GRAN TURISMO 5

Debut Trailer



http://www.lancientwon.com/media/noway_theatre/Sept_09/Gran_Turismo_5_Debut_Trailer.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

=====

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

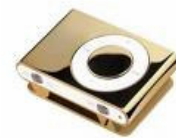
Podcast from iainabernathy.com

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

NO RETREAT NO SURRENDER 2 -
HWANG JANG LEE VS. CROTHROCK



http://www.1ancientwon.com/media/noway_theatre/Sept_09/No_Retreat_No_Surrender_2.html



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



FORMER WBA/WBC CHAMP MAYORGA MOVING TO MMA



The thirty-five year old Nicaraguan is set to make the switch to mixed martial arts for Florida based promotion Shine Fights.

Shine Fights held an event over the weekend and Mayorga's switch was announced on the live internet PPV broadcast.

He has recently had trouble with promoter Don King, MMA Junkie picks up the thread: Mayorga recently sued Don King for his inability to find him a fight and for alleged violations of the Muhammad Ali Boxing Reform Act. In the interim, it appears he'll begin preparations for a late-career run in MMA.

The brawler will look for a resurgence in combat sports through the avenue of mixed martial arts. It is not clear how much cross-training he has done but his boxing skills will set him

Read the rest of the story at:

<http://www.mmaunltd.com/news-detail.asp/NewsID/754/mayorga-switching-to-mma.htm>

Blood & Bone

Leading character Michael Jai White, assuming the role as Isaiah Bone, delivers a stand-alone performance like none other. This film is no doubt one of the best martial arts films in years. It is not the typical fight movie, where the main character goes to various scenes to fight the best fighters and crowned the champion after he defeats the most-feared/best fighter at the end. BLOOD and BONE is much more; it has a story line (that is well written), a purpose, and a promise (that White fulfils at the end).

This kind of film is perfect for White because he is a professional martial artist who holds seven black belts in various disciplines; again.....

Read more at: <http://calcuttatube.com/blood-bone/40639/>

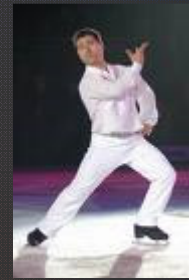


Figure skater Elvis Stojko showcases martial arts skills in 'Star Portraits'

By Victoria Ahearn (CP)

TORONTO — Elvis Stojko may be celebrated for his triumphs on the ice, but it's his skill in the dojo that shines through in the new TV series "Star Portraits."

In the premiere episode, airing Saturday on Bravo, the world-renowned figure skater poses for three artists so they can each paint their own likeness of him.

While Stojko chats with the portrait makers - Newfoundland's Daniel Hughes, and Ontario's Laurie McGaw and Allan Harding MacKay - it becomes apparent that his focus in the rink was largely rooted in his extensive martial arts training.

"I started out in martial arts when I was 10-years-old," the two-time Olympic silver medallist, who hails from Newmarket, Ont., said in a recent interview. "I did another style for a while but....."

Read the rest at:

<http://www.google.com/hostednews/canadianpress/article/ALeqM5bSPxdiv55MRwE3I7PKOghLDsGwbw>

Blood & Bone Trailer



http://www.lancientwon.com/media/noway_theatre/Sept_09/Blood_and_Bone_Trailer.html

LINK



Kung Fu kick works against thief

A 45 year-old car thief must have thought he was involved in a Bruce Lee movie when he attempted to steal a truck in West Kelowna on the weekend.

The man attempted to steal a Ford pickup Monday night on Marshall Road when the owner jumped in front of the truck as it was leaving his yard.

Constable Steve Holmes picks up the story from there.

Read more at: <http://www.am1150.ca/node/989023>

Ray Daniels WCL



http://www.1ancientwon.com/media/noway_theatre/Sept_09/Ray_Daniels_WCL.html

LINK

Jim Carrey Karate



http://www.1ancientwon.com/media/noway_theatre/August_09/Jim_Carrey_Karate.html

Taylor Lautner Was a Martial Arts World Champion

By Samantha Chang



New Moon hunk Taylor Lautner sizzles on the October 2009 cover of *Teen Vogue*.

Lautner, 17, is quickly becoming the Next Big Thing in Hollywood, thanks to his star-making turn as Jacob Black in *New Moon*, the highly anticipated sequel to vampire blockbuster *Twilight*.

Recently, Taylor's young fans have been abuzz about his ripped, muscular physique, the result of months of working out and eating around the clock.

"I was in the gym five days a week, two hours a day," said Lautner. "At one point, I was going seven days straight."

Not surprisingly, Taylor has been athletic all his life. By age 13, Lautner was a four-time world champion in Xtreme Martial Arts. "[It's] almost like gymnastics, in that you do a routine, but there's a lot of kicks and punches and flips," he explains.

As for the future, Taylor would like to become an action hero along the lines of Matt Damon (*The Bourne Identity*), Brad Pitt (*Mr. & Mrs. Smith*, *Troy*) and Denzel Washington (*Training Day*).

Read the rest of the story

http://www.theimproper.com/Template_Article.aspx?IssueId=17&ArticleId=3974



Grand Master Helio Gracie Oct 1 1913 - Jan 29 2009: A Tribute

http://www.1ancientwon.com/media/noway_theatre/Feb_09/Grand_Master_Helio_Gracie_Tribute.html

Martial Arts Video Clips

JOHN LIU AND THE LEG FIGHTERS IN ACTION



John Liu Vs Roger Paschy at http://www.lancientwon.com/media/noway_theatre/Sept_09/John_Liu_Vs_Roger_Paschy.html

Dragon the hero at http://www.lancientwon.com/media/noway_theatre/Sept_09/Dragon_the_hero.html

John Liu Collection at http://www.lancientwon.com/media/noway_theatre/Sept_09/John_Liu_Collection.html

Bruce Liang Legendary Fok at http://www.lancientwon.com/media/noway_theatre/Sept_09/Bruce_Liang_Legendary_Fok.html

Bruce Liang vs Some Bad guys at http://www.lancientwon.com/media/noway_theatre/Sept_09/Bruce_Liang_vs_Some_Bad_guys.html

Call me Dragon – Bruce Liang at http://www.lancientwon.com/media/noway_theatre/Sept_09/Call_me_Dragon_Bruce_Liang.html

Call me Dragon Finale Bruce Liang vs. Yusuaki Kurara at http://www.lancientwon.com/media/noway_theatre/Sept_09/Bruce_Liang_vs_Yusuaki_Kurara.html

The Master Strikes: Casanova Wong at http://www.lancientwon.com/media/noway_theatre/Sept_09/The_Master_Strikes_Casanova_Wong.html

Fearless Young Boxer: Casanova Wong at http://www.lancientwon.com/media/noway_theatre/Sept_09/Fearless_Young_Boxer_Casanova_Wong.html

Ken Lo Showcase at http://www.lancientwon.com/media/noway_theatre/Sept_09/Ken_Lo_vs_Jackie_Chan.html

Tan Tao Liang Tribute at http://www.lancientwon.com/media/noway_theatre/Sept_09/Tan_Tao_Liang_Tribute.html

Super Kickers at http://www.lancientwon.com/media/noway_theatre/Sept_09/Super_Kickers.html

Super Kickers 2 at http://www.lancientwon.com/media/noway_theatre/Sept_09/Super_Kickers_2.html

Kicking Showcase at http://www.lancientwon.com/media/noway_theatre/Sept_09/Kicking_Showcase.html

Kicking Showcase the Sequel at http://www.lancientwon.com/media/noway_theatre/Sept_09/Kicking_Showcase_2.html

Kicking Slow motion at http://www.lancientwon.com/media/noway_theatre/Sept_09/Kicking_Slow_motion.html

Hwang Jang Lee Kicking Showcase at http://www.lancientwon.com/media/noway_theatre/Sept_09/Hwang_Jang_Lee_Kicking_Showcase.html

Donnie Yen Kicking Showcase at http://www.lancientwon.com/media/noway_theatre/Sept_09/Donnie_Yen_Kicking_Showcase.html

Leg Fighters at http://www.lancientwon.com/media/noway_theatre/Sept_09/Leg_Fighters.html

The Art of Kicking at http://www.lancientwon.com/media/noway_theatre/Sept_09/The_Art_of_Kicking.html

Tony Jaa at http://www.lancientwon.com/media/noway_theatre/Sept_09/Tony_Jaa.html

Leg Speed Tim Man at http://www.lancientwon.com/media/noway_theatre/Sept_09/Leg_Speed_Tim_Man.html

Bruce Lee at http://www.lancientwon.com/media/noway_theatre/Sept_09/Bruce_Lee.html

Head kick KO at http://www.lancientwon.com/media/noway_theatre/Sept_09/Head_kick_KO.html

Spinning Heel KO at http://www.lancientwon.com/media/noway_theatre/Sept_09/Spinning_Heel_KO.html

Hong Kong Kick Boxing Showcase at http://www.lancientwon.com/media/noway_theatre/Sept_09/Hong_Kong_Kick_Boxing_Showcase.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

John Liu

http://3.bp.blogspot.com/_XS/Z2vUPT-Y/SP5eDGLaZXI/AAAAAAAAECM/q4FMvM3k4yo/s400/John+Liu+Chung+Liang.jpg

http://freespace.virgin.net/langford.smith/img/blog/john_liu.jpg

Bruce Liang

http://homepage.ntlworld.com/john.richards250/callmedragon_x.jpg

http://homepage.ntlworld.com/john.richards250/brokenoath_x.jpg

<http://www.jarsvideo.com/images/Call%20Me%20Dragon.gif>

<http://drkungfu.free.fr/images/PERSOS/bruceleung.jpg>

Casanova Wong

<http://www.kungfucinema.com/images/05-07-01d.jpg>

<http://emisucio.files.wordpress.com/2008/04/warriorstwowcap1.jpg>

<http://dey-deys-unlimited.com/images/products/mdvd/MD035.jpg>

<http://files.myopera.com/vengeancevideo/blog/southshaolinvsnorthsaolin.jpg>

<http://www.dvdactive.com/reviews/dvd/warriors-two.html>

<http://www.sogoodreviews.com/reviews/masterkiller.jpg>

http://www.kungfufilms.nl/Casanova_Wong_biografie.htm

<http://members.fortunecity.com/mpongpun/masterkillers.jpg>

Chang Yi Tao

http://tarstarkas.net/pics/movies/cast_clonesofbrucelee03.JPG

Club Foot

http://www.wu-jing.org/News/images/2005/2005_06_Xiong_Xin_Xin_q.jpg

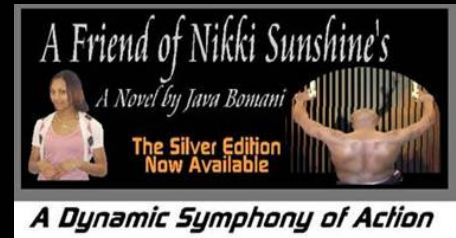
Donnie Yen

<http://www.geocities.com/Colosseum/1705/donnieyen.gif>

<http://eafilmclub.sa.utoronto.ca/events/FlashPoint-1.jpg>

http://www.hongkonghustle.com/wp-content/photos/Donnie_Yen_Ip_Man_movie.jpg

<http://www.antville.org/static/oelie/images/donnie%20yen.jpg>



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http://www.amazon.com/Titled-Nikki-Sunshine-Java-Bomani/dp/1412003670/ref=sr_1_4?ie=UTF8&qid=1197264908&sr=8

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<http://utopianvision.co.uk/bollywood/videos/?v=bXPi7OdWqic>

http://www.moviepaper.net/wpp/Hirokyu_Sanada_in_Sunshine_Wallpaper_7_800.jpg

<http://www.hkdvdheaven.co.uk/HirokyuSanada.jpg>

Jet Li

<http://men.stareastasia.com/wp-content/uploads/2006/12/jet-li-pic-0001.jpg>

http://www.kaputz.com/jet_li/pics/000004-jet_li.jpg

http://library.creativecow.net/articles/saeed_zelforbidden_kingdom/jet_li_stars_as_silent_monk_in_the_forbidden_kingdom.jpg

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http://www.geocities.com/flashlegs_tan/hcv1.jpg

<http://www.sofacinema.co.uk/guardian/images/products/3/64873-large.jpg>

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