

# No Way Net Magazine



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

# No Way Net Magazine



**On the Cover**  
**June 2009**

**Martial Artist and Actor**  
**David Carradine**

Visit his official website at  
<http://www.david-carradine.com/>



## 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.

**Alright... we stepped it up!!!**

Yep!!! We've changed our look again. If you've followed us for any length of time, you recognize that we've made changes to our basic format and appearance. We've recently gone from .exe to .pdf and I'm not ashamed to say, we're still trying to find our base. For the June 2009 hip hop/martial arts edition, we've tried some new and some might say, wild things but we feel like our experimentation will lead us to the top of the heap once again. Feel free to send us comments on what you like and things you feel could've been done better. Constructive criticism is always helpful.

**No Way Net Magazine**

has been the leading Martial Arts Magazine of its 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](mailto:Jsimmonseditor@lancientwon.com)

**1 ANCIENT WON ENTERTAINMENT**



**This issue we bring you....**

**THE HIP HOP**  
**MARTIAL ARTS CONNECTION**

## About Our Name

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

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

J Simmons

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

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# Bulletin Board

We've moved much of the content from No Way Net Magazine Online



Bulletin Board Home Page

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/Bulletin\\_Board\\_Home.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/Bulletin_Board_Home.html)

Grand Master Lou Ferrer  
4th Annual US Kodokan Seminar

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/2009/BBandNews/Grand\\_Master\\_Lou\\_Ferrer\\_4th\\_Annual\\_US\\_Kodokan\\_Seminar.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/2009/BBandNews/Grand_Master_Lou_Ferrer_4th_Annual_US_Kodokan_Seminar.html)

NY City Challenge Invitational Karate  
Tournament

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/2009/BBandNews/NY\\_City\\_Challenge\\_Invitational.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/2009/BBandNews/NY_City_Challenge_Invitational.html)

Battle of Florida Martial Arts Expo

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/2009/BBandNews/Battle\\_of\\_florida.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/2009/BBandNews/Battle_of_florida.html)

US Open World Martial Arts Championship

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/2009/BBandNews/US\\_Open\\_World\\_Martial\\_Arts\\_Championship.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/2009/BBandNews/US_Open_World_Martial_Arts_Championship.html)

King & Queen International Tournament

[http://www.1ancientwon.com/no\\_way\\_net\\_magazine/Bulletin\\_Board/2009/BBandNews/Temple\\_of\\_martial\\_arts.html](http://www.1ancientwon.com/no_way_net_magazine/Bulletin_Board/2009/BBandNews/Temple_of_martial_arts.html)



The Number 1  
Superguy's  
Favorite Online  
Martial Arts  
E-Magazine



[http://en.wikipedia.org/wiki/Hong\\_Kong\\_Phooey](http://en.wikipedia.org/wiki/Hong_Kong_Phooey)



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



**R.I.P. Actor**



**David Carradine**

**Brandon Lee VS David Carradine-  
Finale in Kung Fu: The Movie**



[http://www.latimes.com/entertainment/la-et-carradine5-2009jun05\\_0\\_5358019\\_story](http://www.latimes.com/entertainment/la-et-carradine5-2009jun05_0_5358019_story)

**LINK**

**Homage to David Carradine,  
R.I.P: The Beginning Montage  
from the 'Kung Fu' TV Show**



[http://www.lancasteronline.com/news/local/noway-theatre/Rip\\_09/Homage\\_to\\_David\\_Carradine\\_RIP.html](http://www.lancasteronline.com/news/local/noway-theatre/Rip_09/Homage_to_David_Carradine_RIP.html)

**LINK**

**Martial Artist Spotlight**

## David Carradine

**The Kung Fu King Departs**

(December 8, 1936 – June 3, 2009)

**David Carradine Info at Wikipedia**

[http://en.wikipedia.org/wiki/David\\_Carradine](http://en.wikipedia.org/wiki/David_Carradine)

**The yin-yang of David Carradine**

[http://www.latimes.com/entertainment/news/la-et-carradine5-2009jun05\\_0\\_5358019\\_story](http://www.latimes.com/entertainment/news/la-et-carradine5-2009jun05_0_5358019_story)

**David Carradine, RIP - Fans speak**

<http://www.boingboing.net/2009/06/04/david-carradine-rip.html>

**David Carradine: A 'Renegade' Life**

<http://www.ew.com/ew/article/0,,628786,00.html?xid=rss-feed-todayslatest-David+Carradine%3A+%27Renegade%27+life>

**Appreciation: Kung Fu's David Carradine leaves rich genre legacy**

<http://scifiwire.com/2009/06/appreciation-kung-fus-dav.php>

**Highlights from David Carradine's filmography**

<http://www.wtopnews.com/?nid=114&sid=1689464>

**David Carradine Quotes**

<http://www.quotelucy.com/quotes/david-carradine-quotes.html>

**David Carradine Wallpaper** <http://www.flixster.com/actor/david-carradine>

**2005 Signed by David Carradine - Pair of Escrima Sticks**

<http://www.kingofwords.com/KILL-BILL/2005-Signed-by-David-Carradine-Pair-of-Escrima-Sticks.html>

**Lots of David Carradine Pics**

<http://www.daylife.com/photo/02B81he114eHR>

**Kung Fu (Soundtrack)**

<http://www.tkshare.com/kung-fu-soundtrack/>

**Actor:**

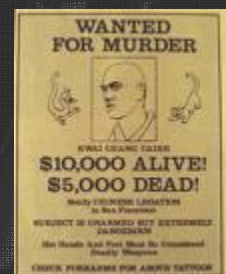
**Radames Pera**

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

**Played  
Young Kwai Chang Caine  
In  
The Kung Fu TV Series**



**The Wanted Poster from the  
Kung Fu Television Series**



[www.kungfu-guide.com/news.html](http://www.kungfu-guide.com/news.html)

## Words from the Masters



### Chief Master Taejoon Lee To Be Awarded Extremely Rare 8th Dan Grandmaster Title in Hwa Rang Do®

On April 18th, 2009, Chief Master Taejoon Lee successfully tested for & passed his 8th Dan examination before Hwa Rang Do's Supreme Grandmaster Dr. Joo Bang Lee at the World Hwa Rang Do® Headquarters in Tustin, CA.

Very few people in the world can fathom the dedication, skill, knowledge and time it requires to achieve an 8th Dan title in Hwa Rang Do®. Hwa Rang Do® is the only martial art which has curriculum all the way through 7th Dan, encompasses over 4,000+ techniques and requires a rigorous test for promotion in each degree, through 8th Dan.

Only 3 other people in the world hold an equal or higher rank in Hwa Rang Do®.

Supreme Grandmaster Dr. Joo Bang Lee will formally award the 8th Dan Grandmaster title to his eldest son and heir to the Hwa Rang Do® legacy, on May 23rd, 2009 at his 8th Dan Ceremony and Banquet.

Chief Master Lee's students will be honoring our teacher and mentor by completely organizing and funding the ceremony, banquet and celebration as our gift to him.

They are inviting martial arts community at large, to help in honoring Master Lee by providing an opportunity to be recognized at Chief Master Lee's Official 8th Dan banquet and receive special gifts.

**To learn more about how you may get involved, click the link.**

<http://click.ictrack.com/ico/relav.php?r=57547403&msoid=739840&act=1DOY&c=343955&admin=0&destination=http%3A%2F%2Fwww.hwarangdo.net%2F8thdan>

Congratulations to Chief Master Taejoon Lee and the entire Spring Black Sash class of 2009.

This also happened to be the 100th Black Sash examination!

### The Complete Martial Art Team

<http://www.completemartialarts.com/whoswho/halloffame/henrylee.htm>



### An Interview with Taejoon Lee

#### What is Hwa Rang Do®?

Thousands of years ago, there were no martial art systems, as we know it today. The martial art is an invention of the 20th century. In ancient times, before the introduction of firearms to warfare tactics, martial skills were part of the country, nation or kingdom's military combative training and were taught to the soldiers for the defense of their land. With the new technology of modern weaponry, these hand-to-hand martial skills were preserved through the creation of martial art systems, which we practice today as recreational sport or hobby. However, Hwa Rang Do is unique in that it not only preserves the combative skills of the Hwarang Warriors, but their spirit. It was through the efforts of the brave Hwarang Warriors that a society was able to stay intact for over a thousand years, making it one of the longest civilizations in the history of the world. It is this knowledge, philosophy and way of life, which we are attempting to preserve through the creation of the modern martial arts and healing arts system of Hwa Rang Do and Tae Soo Do, which was founded by one man's passion (Dr. Joo Bang Lee) to empower and benefit the people of today and tomorrow.....

Read More at

<http://www.drweil.com/drw/u/id/ART02758>

### Mike Tyson's Greatest Quotes



[http://www.famousmon.com/Entertainment/Articles/Mike\\_Tyson's\\_Greatest\\_Quote.html](http://www.famousmon.com/Entertainment/Articles/Mike_Tyson's_Greatest_Quote.html)

LINK





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](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\\_dhwoase.html](http://www.lancientwon.com/media/Martial_Arts_Videos/Hwang_Jang_Lee_dhwoase.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 are 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://www.ehow.com/how_4489553_become-fight-promoter.html)

<http://beafightpromoter.com/>



## Martial Arts Actor Shek Kin Dies At Age 96

Anne Lu - Celebrity News Service News Writer

Kowloon, Hong Kong (CNS) - Chinese martial arts actor Shek Kin has died in a Hong Kong hospital after suffering kidney failure. He was 96.

Kin, whose name has become synonymous with playing evil characters, is best known to Western audiences as Bruce Lee's enemy in the 1973 martial arts classic "Enter the Dragon."

He starred in more than 300 films in a career that dated back to the black and white wuxia era, a genre of Chinese fiction concerning with martial arts.

He launched his acting career in the film "Flower in a Sea of Blood," but it was his villain roles that made him a household name. He retired in 1993 at age 80.

He died of kidney failure on Wednesday.

<http://www.allheadlinenews.com/articles/7015399267>



## Carradine's TV cameo to go on

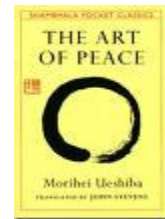
By Lisa de Moraes | The Washington Post

WASHINGTON -- Fox lucked out because David Carradine is catatonic but not suicidal on Tuesday's episode of "Mental," which means the network can go ahead with the broadcast, as scheduled, in the wake of Carradine's apparent hanging death.

The 72-year-old actor was found dead in his hotel room in Bangkok, where he was working on a movie. A Thai newspaper reported he was found hanging from a rope in the closet of his hotel room; at press time, the U.S. Embassy had confirmed .....

Read the rest of the story at

<http://www.chicagotribune.com/features/lifestyle/chi-0606-carradinejun06,0,3333461.story>



## The Three Best Books for the Martial Arts Teacher

"Name the three best books -in the world -for the martial arts teacher."

That's what someone asked me recently. My answer:

First off, there aren't three; there are many books a school owner and/or master instructor should read to have a well rounded education. I'll give you the name of three to start with:

1. Any book by the monk Thich Nhat Hahn.
2. *The Art of Peace* by Uyeshiba.
3. *Last Child in the Woods*, by Richard Louv

You read Thich Nhat Hahn so you can counteract all of the nonsense the martial arts "industry" shovels our way; *The Art of Peace* is a must read for any serious martial artists; and *Last Child in the Woods* is about the role of nature in the well-balanced education of young people.



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>



Four members of Sideswipe have been touring with Britney Spears on her Circus Tour!

Brendon Huor, Donald Mills, Seth Austin and Luke Broadlick.

Check out an article about Sideswipe on her website:

<http://www.britneyspears.com/index4.php>

info provided by

Sharkey's Karate Studio

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



## The Importance of Post Workout Nutrition

By Alex Rogers of [www.ProteinFactory.com](http://www.ProteinFactory.com)

Postworkout nutrition is essential for anyone wanting to achieve a lean and muscular body. Getting the proper amount of nutrients especially carbohydrates, proteins, electrolytes, and antioxidants is vital to achieve your physique goals. If you want to lose bodyfat, gain muscle, or just maintain, using a postworkout drink is the most important time if any, to use a postworkout supplement.

Working out is a catabolic activity. Catabolic is defined as a negative nitrogen state in the body. Bad things happen when your catabolic. The most prevalent is a loss of muscle mass. You see when working out, all your body knows is that you are subjecting it to a stressful activity. And your body's #1 concern is survival. Thus energy is the key. While you exercise the body seeks energy from somewhere, either from the fat you have on your body or your muscle tissue. It will pull glycogen stored in your body for energy. Once that is depleted it will begin to chew up muscle mass for energy. If this begins to occur you are in a catabolic state!

How many times have you a person that is skinny yet they still have that saggy, loose skin look to them, with barely any muscle mass? This is because they are constantly putting themselves in a catabolic state by exercising too much and not getting enough postworkout nutrition. This "saggy/skinny" look I feel is more commonly associated with women because they restrict their calories and exercise for prolonged periods of time, because they associate calories with bodyfat.

The key to a good looking, tight, youthful body is to maintain to the best of your ability an anabolic state. An anabolic state is defined as being in a positive nitrogen state. How do you...

Read the rest of the article at [edsgym.com](http://edsgym.com)

<http://www.edsgym.com/post-workout-nutrition.html>



### Grandmaster Yip Man Video Profile

[http://www.1ancientwon.com/media/noway\\_theatre/Mar\\_09/Grandmaster\\_Yip\\_Man.html](http://www.1ancientwon.com/media/noway_theatre/Mar_09/Grandmaster_Yip_Man.html)

**LINK**



## 5 Inspirational **Hip Hop** Quotes of the Month

1- Hip-hop is supposed to uplift and create, to educate people on a larger level and to make a change. – **Doug E. Fresh**

2- The Bronx is famous for two things. Hip-hop, and 26 world championships. – **Kurtis Blow**

3- Rap is rhythm and poetry. Hip-hop is storytelling and poetry as well.- **Ajay Naidu**

4- The thing about hip-hop is that it's from the underground, ideas from the underbelly, from people who have mostly been locked out, who have not been recognized.- **Russell Simmons**

5- Back in the day, if someone said that hip-hop and rap was a fad, that was a joke to me because they just didn't know what they were talking about. –**Jam Master Jay, RIP**

**See more at**

[http://www.finestquotes.com/select\\_quote-category-Hip%20hop-page-1.htm](http://www.finestquotes.com/select_quote-category-Hip%20hop-page-1.htm)

### Video From SPL



### Donnie Yen vs Jing Wu

[http://www.1ancientwon.com/media/noway\\_theatre/Mar\\_09/SPL\\_Donnie\\_Yen\\_vs\\_Jing\\_Wu.html](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\\_afroininja.html](http://www.1ancientwon.com/media/Martial_Arts_Videos/the_incredible_afroininja.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](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

### DVD Review: Machido-Do Karate for Mixed Martial Arts

By Brian Furby, *FightTicker.com* blogger

Lyoto Machida will be challenging Rashad Evans for the UFC Light Heavyweight title in this weekend's UFC 98 event. Among other things, Machida has made headlines due to his karate background which has lead to his unorthodox stances and excellent lateral movement. Thanks to [www.VictoryBelt.com](http://www.VictoryBelt.com), a leading publisher of a number of instructional books and DVDs, I was able to review *Machida-Do Karate for Mixed Martial Arts*.

At the outset, I must say that I have never trained in karate have not and likely ever will not fight in a mixed martial arts bout. However, as someone with more than just a passing interest in MMA and as someone with some martial arts training, I jumped at the chance to review this four DVD box set.

You can find a detailed description of each of the four DVDs here. <http://victorybelt.com/dvds/lyoto-machida-dvd-series>

I was intrigued by this set because I've always wondered how much of Machida's karate background could be utilized in the cage. Sure, Machida is an excellent technical fighter, but how much of that really comes from karate? The four DVD set includes the following:

- Disc 1- Movement and Fundamental Strikes
- Disc 2 - Striking Attacks and Takedowns
- Disc 3 - Intercepting Attacks, Takedown Defense, and The Clinch
- Disc 4 - The Ground Game .....

Read the rest of the article at

[http://fightticker.com/story\\_0522090016\\_dvd\\_review\\_machida\\_do\\_karate\\_for\\_mixed\\_martial\\_arts](http://fightticker.com/story_0522090016_dvd_review_machida_do_karate_for_mixed_martial_arts)

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

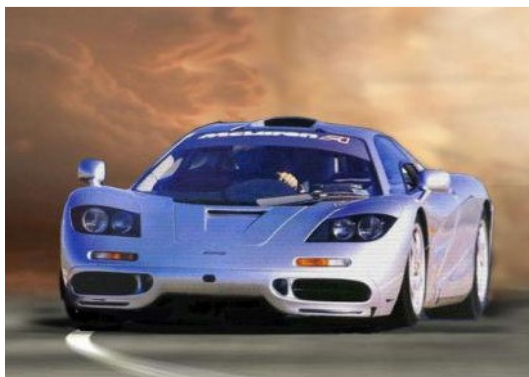
Send us an e-mail.

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

### Lueng Kar Yan Video Showcase



[http://www.lancientwon.com/no\\_way\\_net\\_magazine/Martial\\_Artist\\_Info/Lueng\\_Kar\\_Yan.html](http://www.lancientwon.com/no_way_net_magazine/Martial_Artist_Info/Lueng_Kar_Yan.html)



## 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](http://www.lancientwon.com/no_way_net_magazine/No_Way_Net_Mag_Road_Trips/road_trip_home.html)

Link



Bringing you the best in Bollywood

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



Clyde Barrow Wanted Poster, 1933

## Personal Protection Tips

(For lawyers, judges and others)

By David Zachary Kaufman

### Part 1: Your Car

**I hate to think about how many of us are vulnerable as we go to, come from, or travel in, our cars. These tips will help you avoid trouble as you go to and fro. They should be considered supplemental to the Business Protection Tips also provided.**

**First, why should you worry about the area around your car? It's simple if you look at it from an attacker's point of view: where else are you guaranteed to be distracted, guaranteed to have at least 1 major asset to steal, and guaranteed to return to? All they have to do is pick you out when you get out of your car and then wait. Recently that's exactly what happened in the D.C. metropolitan area: Some young woman was spotted and followed home by a stalker who then pushed his way into her home. Fortunately for her, her husband was there and subdued the attacker. There's no need to speculate on what might have occurred if he hadn't been home.**

**So, when you get out of your car, look around. You should do that anyway just to be sure that you know where you parked. (Haven't you ever "lost" your car in**

**Read the rest of the story at**

<http://www.abanet.org/genpractice/newsletter/lawtrends/0607/business/personalprotectiontips.html>



## Online Protection Tips

**Beef Up Your Security.** Personal firewalls and security software packages (with anti-virus, anti-spam, and spyware detection features) are a must-have for those who engage in online financial transactions. Make sure the computer you are using has the latest security patches, and make sure that you access your online brokerage account only on a secure web page using encryption. The website address of a secure website connection starts with "https" instead of just "http" and has a key or closed padlock in the status bar (which typically appears in the lower right-hand corner of your screen).

**Security Tip:** Even if a web page starts with "https" and contains a key or closed padlock, it's still possible that it may not be secure. Some phishers, for example, make spoofed websites which appear to have padlocks. To double-check, click on the padlock icon on the status bar to see the security certificate for the site. Following the "Issued to" in the pop-up window you should see the name matching the site you think you're on. If the name differs, you are probably on a spoofed site.

*For more tips*

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



When it comes to funny –  
nobody beats the Afroninja

[http://www.lancientwon.com/media/Martial\\_Arts\\_Videos/the\\_incredible\\_afrocinja.html](http://www.lancientwon.com/media/Martial_Arts_Videos/the_incredible_afrocinja.html)

LINK

Daniel Tosh gives the Afro-Ninja some needed redemption on June 4th.

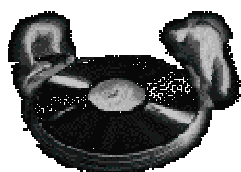
On Comedy Central "Tosh.0" Web Redemption: Afro-Ninja Will the Afro-Ninja make the most of a second chance to land the back flip he botched so completely, so long ago?

[http://www.monstersandcritics.com/emailscreen/news/article\\_1480802.php/Daniel\\_Tosh\\_redeems\\_Afro-Ninja\\_Thursday\\_June\\_4#ixzz2HnZYKd8C](http://www.monstersandcritics.com/emailscreen/news/article_1480802.php/Daniel_Tosh_redeems_Afro-Ninja_Thursday_June_4#ixzz2HnZYKd8C)

Your favorite YouTube video can now be your favorite MOVIE! "Afro Ninja: Destiny" Coming soon!

[http://www.lancientwon.com/media/noway\\_theatre/June\\_09/Afro\\_Ninja\\_Destiny.html](http://www.lancientwon.com/media/noway_theatre/June_09/Afro_Ninja_Destiny.html)





**GEE ROCK & KURT NICE**  
@ HIP HOP APPRECIATION WEEK 2009

## **NO WAY NET MAGAZINE INTERVIEW'S** **Hip Hop Personality & Martial Arts Film Lover** **GEE ROCK of the Force one Networkz**

Author, screenwriter and staff writer Java Bomani interviews Gee Rock of the Force one Networkz for NO WAY NET MAGAZINE's Hip Hop/martial arts connection issue, June 2009. Gee Rock has been active in the hip hop genre for almost 30 years and has accomplished a lot as a recording artist and producer. He's also directed, produced and written 2 films, The Place to Be and A Man Called Steel. Gee Rock took a few moments out of his busy schedule to sit down with us.

**No Way Net Magazine:** Java Bomani for No Way Net Magazine we're talking here today with Mr. Gee Rock of the Funk Coalition, tha CND Coalition....

**Gee Rock:** Yes sir, CND, Force One, Force one Networkz.

**No Way Net Magazine:** The Funky Dope Producer. So many titles, it's ridiculous, so many talents, so many skills. So, how are you today?

**Gee Rock:** I'm good man, you know, just on my grind constantly, trying to re-invent myself, as I always try to do- try to stay relevant and just make things the way they are supposed to be, well... the way I perceive them, and the way they... correctly, politically correctly should be. That's my thing, and I just strive to contribute, make my contribution and that's about it.

Continued next page



## **RZA to helm 'The Iron Fist'**

Wu-Tang Clan leader to make his directorial debut.

RZA will make his directorial debut on the film The Man With The Iron Fist. According to filmmaker Eli Roth (Hostel), the Wu-Tang Clan leader is Quentin Tarantino's current protégé and has crafted an impressive screenplay for a martial arts feature.

He told Chud: "RZA's script is amazing. He has been studying directing with Tarantino for years and he's really ready to get behind the camera. His impact on rap music and.....

Read more here

[http://www.movies.ie/features/RZA\\_to\\_helm\\_The\\_Iron\\_Fist](http://www.movies.ie/features/RZA_to_helm_The_Iron_Fist)

## **Tony Jaa Rapping**



[http://www.metacafe.com/watch/198414/tony\\_jaa\\_rapping/](http://www.metacafe.com/watch/198414/tony_jaa_rapping/)

**LINK**

## **Professor Griff** **Pawns In The Game**



[http://www.4centwan.com/media/news/News/June\\_09/Professor\\_Griff\\_Pawns\\_in\\_the\\_Game.html](http://www.4centwan.com/media/news/News/June_09/Professor_Griff_Pawns_in_the_Game.html)

**LINKS**

### **Hip-Hop's Latest Secret: Martial Arts is the Driving Force Behind A New Hip-Hop Movement**

While the latest trends in martial arts are in a constant state of flux, the same holds true with the entertainment industry. The nature of this demand in martial arts, however, creates a plethora of questions: Who's the best to train with? Is pound-per-dollar the real deal? Of that, which instructors have the greatest impact on the lives and needs of their students? What works and what doesn't? These questions sparked an intrinsic need to seek solid answers and a greater understanding of the spiritual impact and state of today's martial arts on humanity itself. Now I realize that martial arts has its roots, which are as diverse as they are traditional. I respect that. In fact, I stand in awe of it. In all humility, I may not always understand the cumbersome and binding politics of it, but I appreciate it nonetheless. However, evolution.....

#### **READ THE REST AT:**

<http://www.insidekung-fu.com/content/view/77/36/>  
**LINK**

### **Wu-Tang Clan's RZA Breaks Down His Kung Fu Samples by Film and Song**

[http://www.wired.com/entertainment/music/magazine/15-11/pl\\_music](http://www.wired.com/entertainment/music/magazine/15-11/pl_music)

### **Jeru Da Damaja – Ya Playing Yourself**



[http://www.1ancientwon.com/media/noway\\_bears/1Unc\\_09/Jeru\\_Da\\_Damaja\\_Ya\\_Playing\\_Yourself.html](http://www.1ancientwon.com/media/noway_bears/1Unc_09/Jeru_Da_Damaja_Ya_Playing_Yourself.html)

**LINK**

#### **NO WAY NET MAGAZINE INTERVIEW's Hip Hop Personality & Martial Arts Film Lover GEE ROCK of the Force one Networkz Part 2**

**No Way Net Magazine:** To the music?

**Gee Rock:** Yes, as far as music.

**No Way Net Magazine:** Where are you from?

**Gee Rock:** Well, originally I started in P-Town, what (they) call P-Town, which is Plainfield, New Jersey. Went to Cali back in the 70's, I was able to embrace the Pop Lockin era before it really blew up then - or should I say before it transitioned into Hip Hop. From the east coast which I'm originally from - The Bricks, Newark, New Jeerz. Basically in 79 I was already in to my Hip Hop roots, so that's basically where I... I've touched many bases, I was lucky to be on the east and the west in the beginning.

**No Way Net Magazine:** You said 79... I know recently you made a lot of noise as an emcee and artist, but many people I know, know you as a producer also. How would you describe the Gee Rock sound?

**Gee Rock:** The Gee Rock sound is definitely funk oriented, funk oriented, true to the essence hip hop oriented and when I say (that) meaning- from the beginning. Like I said, that's where my roots span from, day one, 79 and all that. I understand the different eras and trends and things but I just try to keep it as real as I can keep it, and keep it the way the fathers put it out there to be. That's basically where I am today.

**No Way Net Magazine:** Wow... it's 2009. So, how long have you been in the game in one form or another?

**Gee Rock:** Well, 2009 actually gives me a 30 year cap. I'm proud and honored to be in the Hip Hop field for 30 years (and still active). I've seen em all. I've seen em come and go. I've seen bits of all the eras and all the emcees and all the different things that happened in Hip Hop. It's just amazing and it's a blessing for me to still be here and to say that, alright it's time to straighten things

**Read the rest of the story at**

[www.1ancientwon.com/no\\_way\\_net\\_magazine/Interviews/Gee\\_Rock\\_Forceone\\_Networkz\\_June\\_09.html](http://www.1ancientwon.com/no_way_net_magazine/Interviews/Gee_Rock_Forceone_Networkz_June_09.html)



## Seminars and

Karate Tournament Central at  
[www.karatetournaments.com](http://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](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](http://iainabernathy.com)  
[www.completeselfprotection.com/sdf-ultimate-seminar.html](http://www.completeselfprotection.com/sdf-ultimate-seminar.html)

## Tournaments

The Rek suit Regionals at <http://www.reksuits.com/web/>

UPCOMING EVENTS AT [www.YAMM.COM](http://www.YAMM.COM)

Steve Stewart's Modern Martial Arts at  
[www.ssmma.com](http://www.ssmma.com)

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

FOCKE / NCL Calendar of events  
[http://battleofthearts.com/fpcke\\_calendar%20update\\_09.pdf](http://battleofthearts.com/fpcke_calendar%20update_09.pdf)

Kick USA Florida Karate Tournaments – Calendar of events  
<http://www.kickusa.com/pdf/KICK%202009%20Calendar.doc>

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 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/news/shorts/Grandmaster-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](mailto:iain@iainabernethy.com) for details and assistance in organizing a seminar.

[www.iainabernethy.com/news\\_page.asp#Seminars](http://www.iainabernethy.com/news_page.asp#Seminars)

### 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](mailto: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.bushido.org.uk](http://www.bushido.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](mailto: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](mailto: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](mailto:doodle_bug_73@hotmail.co.uk)). Scot Cooper can be contacted on 07858 868 262 or [doodle\\_bug\\_73@hotmail.co.uk](mailto:doodle_bug_73@hotmail.co.uk)

[www.iainabernethy.com/news\\_page.asp#Seminars](http://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](http://www.iainabernethy.com) To organise a seminar for your club, write to [seminars@iainabernethy.com](mailto:seminars@iainabernethy.com) or call 01900829406.



## MOWING AND BEER

***On Saturday afternoon, I was sitting in my lawn chair, drinking beer and watching my wife mow the lawn.***

***The neighbor lady from across the street was so outraged that she came over and shouted at me, "You should be hung!!!"***

***I took a drink from my can of Budweiser, wiped the cold foam from my lips, lifted my darkened Ray Ban sunglasses and stared directly into the eyes of this nosy ass neighbor and then calmly replied, "I am. That's why she cuts the grass."***



## Fat Boy boogies to Beyonce's single ladies

[http://www.lancientwon.com/media/fat\\_boy\\_dance\\_the\\_sequel.html](http://www.lancientwon.com/media/fat_boy_dance_the_sequel.html)

LINK

***Get more...  
Internet Humor  
Another free e-book  
From the 1Awon Community***

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

LINK



# Martial Arts Poetry & Philosophy

Poetry: Martial Logic and The Arts at <http://bluesakebiog.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.alljijitsu.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>

**ZEN AND THE ART OF MANAGEMENT at** <http://www.11fepositive.com/ind/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/patruel/>

**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](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](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](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](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](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

## Ryokan, a Zen master,

lived the simplest kind of life in  
a little hut at the foot of a  
mountain.

One evening a thief visited the  
hut only to discover there was  
nothing to steal.

Ryokan returned and caught  
him. "You have come a long  
way to visit me," he told the  
proowler, "and you should not  
return empty-handed. Please  
take my clothes as a gift." The  
thief was bewildered. He took  
the clothes and slunk away.  
Ryokan sat naked, watching  
the moon.

"Poor fellow," he mused, "I  
wish I could have given him  
this beautiful moon."

**Read more Poetry**

[http://www.geocities.com/athens/parthenon/6670/doc/t\\_koan.html](http://www.geocities.com/athens/parthenon/6670/doc/t_koan.html)  
**Link**

You can get back issues of  
the magazine at:



[www.lancientwon.com/no\\_way\\_net\\_mag.html](http://www.lancientwon.com/no_way_net_mag.html)



**The Dim Mock Fraud Man**

[http://www.lancientwon.com/media/Martial\\_Arts\\_Videos/dimma%20fraud%20man.html](http://www.lancientwon.com/media/Martial_Arts_Videos/dimma%20fraud%20man.html)  
**LINK**

Click the link to see this video



nowaymagstaff@1ancientwon.com

# 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.ianabernethy.com/Jissen\\_Magazine.asp](http://www.ianabernethy.com/Jissen_Magazine.asp)

### E-books from Sensei Iain Abernethy

Get Sensei Abernethy's Newsletter in PDF at [www.ianabernethy.com/news\\_page.asp](http://www.ianabernethy.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](http://www.westseattlekarate.com/resources/newsletter.html)

### The Society of Applied Traditional Martial Arts

[http://www.ianabernethy.com/Society\\_of\\_Applied\\_Traditional\\_Martial\\_Arts.asp](http://www.ianabernethy.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/maillinglistmail.cgi?list=tdnews/>

### Close Quarters Combat Newsletter

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

### JOE LEWIS' FREEFIGHTING SYSTEM

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

### Martial Arts Professional Magazine

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

### 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](mailto: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

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.1ancientwon.com/entertainment_ebooks/1Awon_ebooks.html)

[http://www.kerwinbenenson.com/free\\_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/edia/ebooks/htcmaeb.html>

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

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

<http://allfreedownloadlinks.com/free-ebooks-downloads/free-martial-arts-ebooks/free-ebooks-2888/>



If you missed the insane Roy Jones Jr. video  
Here's your chance

[http://www.1ancientwon.com/media/howay\\_theatre/May\\_09/Roy\\_Jones\\_jr\\_Highlights.html](http://www.1ancientwon.com/media/howay_theatre/May_09/Roy_Jones_jr_Highlights.html)

LINK





## RZA, Chess and the HHCF

by: Garrett Heaney

A few days ago, I posted a Blog with links to three Josh Waitzkin interviews from the Profitable Magic podcast, in which he discusses chess, martial arts and his book *The Art of Learning*. At the tail end of one of these interviews, Waitzkin talks about RZA and compliments his creative thinking and his chess game. This prompted me to do some digging on RZA as a chess player, and I found some interesting reading materials and a video of RZA, Josh and Adisa Banjoko, founder of the Hip Hop Chess Federation.

### So, first, what is the Hip Hop Chess Federation?

*"Founded by award winning lecturer and author Adisa Banjoko and Leo "Blast" Libiran, the HHCF is dedicated to providing an inclusive setting for individuals to interact, play and develop life strategy skills with people they perceive as mentors.*

*"Despite the school system's best efforts and intentions, and the efforts of overworked parents, the past generations have suffered from lack of suitable education and essential resources required for a successful life," states co-founder Adisa Banjoko. "We recognize....*

Read the rest of the story

<http://www.nytimes.com/2007/10/21/crosswords/chess/21chess.html>

## **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**

## **How Bruce Lee Changed the World**

[http://www.motivation.com/article/22200/Bruce\\_Lee\\_Bruce\\_Lee\\_Changed\\_the\\_World.htm](http://www.motivation.com/article/22200/Bruce_Lee_Bruce_Lee_Changed_the_World.htm)

**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.

## Fight Video Game, News, Reviews and Forums

Get all the Latest Gaming news at [http://www.gamasutra.com/php-bin/news\\_index.php](http://www.gamasutra.com/php-bin/news_index.php)

Get all the Latest Gaming news at [http://digg.com/gaming\\_news](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 <http://www.gamingblogs.com/>

LINK



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### Hero Online Trailer

<http://www.youtube.com/watch?v=3p4h1E4E8K8&feature=PlayList&list=PL3DBDAFABADFC6BC&index=3>

LINK



### The Matrix Online Fan Movie - Do or Die

<http://www.youtube.com/watch?v=JASL-ACA-8&feature=PlayList&list=PL3DBDAFABADFC6BC&index=3>

LINK



### World of Warcraft Trailer

<http://www.youtube.com/watch?v=hGyzz-CKv08&feature=PlayList&list=PL3DBDAFABADFC6BC&index=13>

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.gamershell.com/news/74712.html>

### 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](http://www.gamershell.com/news_74712.html)

Martial arts gamer news at

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

Watch demo and interview

<http://www.youtube.com/watch?v=ezfZ3SpiKUw&feature=first>



# Martial Arts Radio and Podcasts

Now playing on [www.actionradio.net](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.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.1ancientw.com/media/Martial\\_Arts\\_Videos/kung\\_fu\\_streetfight.html](http://www.1ancientw.com/media/Martial_Arts_Videos/kung_fu_streetfight.html)

LINK



A Tribute Video  
David Tank Abbott

[http://www.1ancientw.com/media/Martial\\_Arts\\_Videos/tank\\_abbott\\_tribute.html](http://www.1ancientw.com/media/Martial_Arts_Videos/tank_abbott_tribute.html)

LINK



Martial Arts Radio from Sherdog.com

[http://www.sherdog.com/news/radio\\_main.asp](http://www.sherdog.com/news/radio_main.asp)

Martial Arts Radio

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

Martial Arts Teachers' Radio Podcasts

at <http://www.podcastdirectory.com/podcasts/9715>

Mixed Martial Arts Radio

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

Martial Arts Explorer Podcast

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

Shinobi Kai Ninjutsu Martial Arts Podcasts

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

Martial Arts Podcasts

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

Podcast Fresh

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

YMAA Podcast - Martial Arts and Health Podcast

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

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

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

Inside Martial Arts Podcasts

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

Applied Karate Podcasts

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

Green Living, Podcasting, and Martial Arts with  
Meredith Medland

<http://greenlivingideas.com/ecc-home-living/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

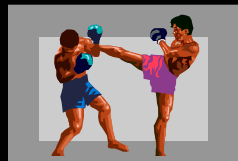
<http://www.feedage.com/feeds/306456/ottawa-academy-of-martial-arts-podcast>

MMA Podcast

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

Martial Art Masters of Texas Podcasts

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







## There is only one Bruce Leroy

**As hip-hop master RZA and actor Samuel L. Jackson gear up for a remake to Berry Gordy's beloved action comedy THE LAST DRAGON, New York-based writer Nigel Clarke sits down with Taimak, star of the original cult hit for a new in-depth interview. The one and only "Bruce Leroy" discusses growing up in New York City, his experiences on the film and his enthusiasm for the remake, which he says he'll have a role in. This interview is part of an ongoing series of investigative articles from Nigel that explores the martial arts film and cultural scene in New York City that exploded in the late 1970s and early '80s.**

**A few months back, when a friend had told me about the remake, I was in a state of shock, a sickening feeling that was replaced by anger.**

**I relieved some of my frustrations in Harlem. Armed with spray paint, I hit up some walls, making my announcement through urban spoken word saying, "THERE IS ONLY ONE BRUCE LEROY!"**

**I was still restless and I would be encouraged by a friend to get on my "Sum Dum Goy" and seek out the "85 Dragon," hoping that I'd reach the final level.**

**Taimak and I met up in Manhattan, somewhere in between Daddy Green's pizzeria and 7th Heaven.**

**We started discussing the old New York City and when I asked him to describe it, he used one word, "violent!" This may have been the impetus for his martial arts training at the early age of six.**

**Like any other kid in Manhattan, Taimak was a part of the culture. He broke down the origins of hip-hop. "I remember going to hang out with friends from high school," said Taimak. "We'd go to parties at the community center, and the MC, he'd call out the names of people coming into the party at the same time, there was also the DJ scratching and at that time, he was playing disco and funk. Eventually, .....**

**Read the rest of the story:**

**<http://www.kungfucinema.com/there-is-only-one-bruce-leroy-7147>**



## Professor Griff

**Hip Hop Pioneer, Historian and Researcher**

**Brought up in Long Island, New York along with 13 brothers and sisters, Professor Griff began his study of Martial Arts early in life. With thirteen years training in Japanese Ketsugen Karate (2<sup>nd</sup> Degree Black Belt), three years Wu-Shu training, two years Korean Style Tae Kwon Do (Green Belt), two years Hung Gar Kung Fu training, and one year Aikido training, Professor Griff has utilized the skills and discipline instilled in martial arts throughout his career.**

**As a youth, Professor Griff formed The Universal Revolutionary Freedom Fighters Society (TUFFS) in Long Island, NY, providing study groups and martial arts training for young people. While offering security services in New York, Professor Griff and childhood friend Chuck D collaborated to form the Revolutionary rap group Public Enemy, in which he held the position of Minister of Information, and .....**

**Read the rest of the story**

**[http://www.truthinstitute.org/bios/Professor\\_Griff.htm](http://www.truthinstitute.org/bios/Professor_Griff.htm)**

**This is what mastering something looks like.**

**Watch this stupid video of Crazy Legs of the world famous Rock Steady Crew.**

**This is just sick!!!!**



**[http://www.1ancientwon.com/media/noway\\_theatre/JUNE\\_09/Crazy\\_Legs\\_BreakDancer.html](http://www.1ancientwon.com/media/noway_theatre/JUNE_09/Crazy_Legs_BreakDancer.html)**

**LINK**



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



[link](http://www.1ancientwon.com/media/nway_theatre/09/Ram_Dekkers_Videos.html)

**Afu-Ra's  
Music Video - Defeat**



[http://www.1ancientwon.com/media/nway\\_theatre/09/Afu-Ra\\_Defeat.html](http://www.1ancientwon.com/media/nway_theatre/09/Afu-Ra_Defeat.html)

**LINK**

**Kool Moe Dee  
I go to work Video**



[http://www.1ancientwon.com/media/nway\\_theatre/09/Kool\\_Moe\\_De\\_I\\_Go\\_To\\_Work.html](http://www.1ancientwon.com/media/nway_theatre/09/Kool_Moe_De_I_Go_To_Work.html)

**LINK**

**Steve Terada  
And the Quest Crew Compilation**



[http://www.1ancientwon.com/media/nway\\_theatre/09/Quest\\_Crew\\_Compilation.html](http://www.1ancientwon.com/media/nway_theatre/09/Quest_Crew_Compilation.html)

**LINK**



**Wu-Tang Clan's RZA and his Sifu,  
Shaolin Monk Shi Yan Ming**

Wu-Tang Clan's RZA and his Sifu, Shaolin Monk Shi Yan Ming?

Author: **Gene Ching**

For every follower of Shaolin kung fu, there is an experience that sets you on the path. It may have been passed on to you by your family. It may have been after you got into your first real fight. For my generation, it was often after we saw our first kung fu movie. When we heard Bruce Lee yell or Master Po chant wisdom, it resonated within our soul. Somehow, some way, we were brought before the temple gates. It didn't matter how we got there. Behind those doors lay a 1500-year-old legacy and the discipline of a lifetime. There was no standing at the threshold. It was time to enter the Shaolin Temple. It was time to train.

Generation X & Y is hearing a different call, one with a hard-core beat. Rap and hip hop music has plundered our old beloved kung fu movies, lifting sound samples to add to their deafening tracks. At the creative center of this Shaolin sampled sound is hip hop's most popular group, the Wu-Tang Clan. You heard that right - they took their name from the Kung Fu movie Shaolin vs. Wu-Tang. Wu-Tang Clan is a crew of nine East Coast MCs - Genius/GZA, Ol' Dirty Bastard, U-God, Masta Killah, Method Man, Raekwon, Ghostface Killah, Inspectah Deck, and the man nicknamed the abbot of the clan, RZA (pronounced rizza).

As the leader of Wu-Tang Clan, RZA has risen to become one of the most respected and sought-after producers in music today. Beyond.....

Read the rest of the story

[http://www.martialarm.com/martial-articles/WuTang\\_Clan's\\_RZA\\_and\\_his\\_Sifu\\_Shaolin\\_Monk\\_Shi\\_Yan\\_Ming.html](http://www.martialarm.com/martial-articles/WuTang_Clan's_RZA_and_his_Sifu_Shaolin_Monk_Shi_Yan_Ming.html)



**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 **Plenty 4 Season Three**

[http://www.wcl.com/turf wars/vol2\\_issue1/plenty-4-three.html](http://www.wcl.com/turf wars/vol2_issue1/plenty-4-three.html)

**Season 2 DVD's on sale**

[http://www.wcl.com/turf wars/vol2\\_issue2/issue2.html](http://www.wcl.com/turf wars/vol2_issue2/issue2.html)

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# Martial Arts Video Clips

## THE HIP HOP

## MARTIAL ARTS CONNECTION



Chi Kung by RZA [Wu-Tang Clan] [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Chi\\_Kung\\_by\\_RZA\\_Wu\\_Tang\\_Clan.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Chi_Kung_by_RZA_Wu_Tang_Clan.html)

Wu-tang Clan - Da Mystery of Chessboxin' [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Wu\\_Tang\\_Clan\\_Da\\_Mystery\\_of\\_Chessboxin.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Wu_Tang_Clan_Da_Mystery_of_Chessboxin.html)

RZA - Tragedy (Best Quality) [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/RZA\\_Tragedy.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/RZA_Tragedy.html)

Afro Samurai- The Madlib Experiment [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Afro\\_Samurai\\_The\\_Madlib\\_Experiment.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Afro_Samurai_The_Madlib_Experiment.html)

Enter The 36 Chambers Movie Samples Used by RZA  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Enter\\_The\\_36\\_Chambers\\_Movie\\_Samples\\_Used\\_by\\_RZA.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Enter_The_36_Chambers_Movie_Samples_Used_by_RZA.html)

Bruce Lee vs Han (Shih Kien) - Enter the Dragon  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Bruce\\_Lee\\_vs\\_Han\\_Shih\\_Kien\\_Enter\\_the\\_Dragon.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Bruce_Lee_vs_Han_Shih_Kien_Enter_the_Dragon.html)

Martial Arts & Wu Tang Clan - Severe Punishment  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Martial\\_Arts\\_and\\_Wu\\_Tang\\_Clan\\_Severe\\_Punishment.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Martial_Arts_and_Wu_Tang_Clan_Severe_Punishment.html)

Arnold Chon martial arts tricks video [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Martial\\_Arts\\_and\\_Wu\\_Tang\\_Clan\\_Severe\\_Punishment.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Martial_Arts_and_Wu_Tang_Clan_Severe_Punishment.html)

RZA Demolishes a Cipher at the HHCF Closing  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/RZA\\_Demolishes\\_a\\_Cipher\\_at\\_the\\_HHCF\\_Closing.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/RZA_Demolishes_a_Cipher_at_the_HHCF_Closing.html)

Martial Arts – Johnny Knumonic [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Martial\\_Arts\\_Johnny\\_Knumonic.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Martial_Arts_Johnny_Knumonic.html)

IMPACT 2007 : 'Urban Art in Motion' [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/IMPACT\\_2007\\_Urban\\_Art\\_in\\_Motion.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/IMPACT_2007_Urban_Art_in_Motion.html)

Hip-Hop Chess Federation Event [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Hip-Hop\\_Chess\\_Federation\\_Event.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Hip-Hop_Chess_Federation_Event.html)

Raymond Daniels Vs. Kim Do!!! [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Raymond\\_Daniels\\_Vs\\_Kim\\_Do.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Raymond_Daniels_Vs_Kim_Do.html)

Kim Do Aerial Knockout [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Kim\\_Do\\_Aerial\\_Knockout.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Kim_Do_Aerial_Knockout.html)

Kim Do [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Kim\\_Do\\_Kata.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Kim_Do_Kata.html)

XMA Battle - Kim vs. Steve - Diamond Nationals 2003  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/XMA\\_Battle\\_Kim\\_vs\\_Steve\\_Diamond\\_Nationals\\_2003.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/XMA_Battle_Kim_vs_Steve_Diamond_Nationals_2003.html)

The Best Of STEVE TERADA [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/The\\_Best\\_Of\\_STEVE\\_TERADA.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/The_Best_Of_STEVE_TERADA.html)

Steve Terada and Kim Do [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Steve\\_Terada\\_and\\_Kim\\_Do.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Steve_Terada_and_Kim_Do.html)

The best martial arts flips and tricks all together [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Martial\\_arts\\_flips\\_and\\_tricks.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Martial_arts_flips_and_tricks.html)

b-boy fighting vs.kung-fu [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/b-boy\\_fighting\\_vs\\_kung-fu.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/b-boy_fighting_vs_kung-fu.html)

B-Boy Crazy Legs Fight for NY [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/B-Boy\\_Crazy\\_Legs\\_Fight\\_for\\_NY.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/B-Boy_Crazy_Legs_Fight_for_NY.html)

Classic scene NYC Breakerz Vs Rock Steady Crew [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/NYC\\_Breakerz\\_Vs\\_Rock\\_Steady\\_Crew.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/NYC_Breakerz_Vs_Rock_Steady_Crew.html)

NEW!!!! Hot Exotic Female Martial Artist / Superhero  
[http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Hot\\_Exotic\\_Female\\_Martial\\_Artist\\_Superhero.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Hot_Exotic_Female_Martial_Artist_Superhero.html)

Sick Breakdancer [http://www.1ancientwon.com/media/noway\\_theatre/JUne\\_09/Sick\\_Break\\_Dancer.html](http://www.1ancientwon.com/media/noway_theatre/JUne_09/Sick_Break_Dancer.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

#### David Carradine

<http://myrtlebeachwebdesign.com/david-carradine.jpg>

<http://www.nndb.com/people/840/000022774/david-carradine-1.jpg>

<http://imagesource.allposters.com/images/pic/MMPH/263985~David-Carradine-Posters.jpg>

<http://www.davidcarradine.net/images/Carradine10.jpg>

[http://images.allposters.com/images/77/039\\_69803.jpg](http://images.allposters.com/images/77/039_69803.jpg)

<http://www.autographdealer.com/images/Carradine3.jpg>

<http://img5.allocine.fr/acmedia/medias/nmedia/18/35/13/44/18364096.jpg>

<http://www.cbc.ca/qfx/images/arts/photos/2009/06/04/david-carradine-cp-6816388.jpg>

[http://newsimg.bbc.co.uk/media/images/45869000/jpg/\\_45869145\\_dad\\_appicgal.jpg](http://newsimg.bbc.co.uk/media/images/45869000/jpg/_45869145_dad_appicgal.jpg)

[http://cache.boston.com/resize/bonzai-fba/Reuters\\_Photo/2009/06/04/1244127675\\_4965/539w.jpg](http://cache.boston.com/resize/bonzai-fba/Reuters_Photo/2009/06/04/1244127675_4965/539w.jpg)

<http://media3.washingtonpost.com/wp-srv/photo/gallery/090604/GAI-09Jun04-2134/media/PHO-09Jun04-164413.jpg>

<http://jameshannon.com/JamesCelebs/jph-DavidCarradine-20031101.jpg>

[http://image.examiner.com/images/blog/wysiwyg/image/dc1\(3\).jpg](http://image.examiner.com/images/blog/wysiwyg/image/dc1(3).jpg)

[http://blogs.commercialappeal.com/the\\_bloodshot\\_eye/guts,%20qlory/davidcarradine.jpg](http://blogs.commercialappeal.com/the_bloodshot_eye/guts,%20qlory/davidcarradine.jpg)

<http://media.photobucket.com/image/david%20carradine/nelita23/TJandDavidCarradine.jpg>

[http://www.hyphenmagazine.com/blog/AskNinja\\_DavidCarradine.jpg](http://www.hyphenmagazine.com/blog/AskNinja_DavidCarradine.jpg)

#### RZA

<http://www.iwatchstuff.com/2008/07/07/rza-martial-arts-movie.jpg>

<http://www.kungfu.com.mx/galeria/albums/personalidades/aai.jpg>

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**RZA on Breath Control, Martial Arts and Being a Student**

by Gene Ching

Sometimes, when I interview masters, they freeze on the microphone. They may have a lot of wisdom, but they aren't used to transmitting that in an interview. Being interviewed can be very surreal if you're not accustomed to it. Interviewing rappers is never that way. You give rappers the mic, and they'll run with it. After all, that's their trade.

Read more at:

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