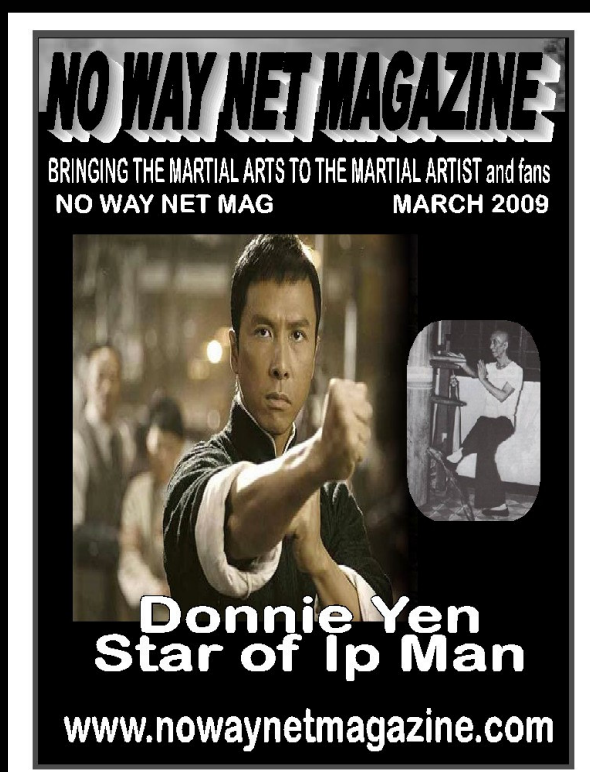


No Way Net Magazine



No Way Net Magazine



On the Cover March 2009

On the Cover: **Hong Kong movie hero - Donnie Yen**

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

Wing Chun Grand Master Yip Man

Underrated Japanese Film Star - Yasuaki Kurata

Visit his official website at

<http://kuratapromotion.web.infoseek.co.jp/index.English.htm>



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'VE MADE THE MOVE TO PDF!

You demanded it! So - we've made the move to the more popular and safer PDF format. Over the past 5 years that we've done this magazine we used a windows EXE E-book format that worked very well and has some very good aesthetic benefits, as our basic template. Over that time we made it do some pretty good and unique things and we always tried our very best to make sure they were free of threats, but the public has demanded we go to the more confidence assured design and we had to listen. Also, we'll go back in time and repost some of our past e-books in PDF, however, this will take some time.

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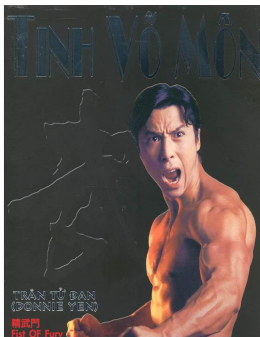
Free Martial Arts E-books

Fight Video Game News, Reviews
and Forums.

Martial Arts Radio

Martial Arts Video

Picture Gallery



Donnie Yen

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



Bulletin Board

UPCOMING MARTIAL ARTS NEWS and EVENTS

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



2008 US Open ISKA World Championships ESPN primetime airings

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

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

US Open's world Champion -Steve Terada wins #1 on MTV.

Quest Crew nails # 1 spot on America's Best Dance Crew

MTV started as network airing just music videos and has transformed over the last decade into a network predominately of reality TV shows. In addition to the Real World and Road Rules the network has seen its share of popularity from today's teenage generation with such shows as "The Hills" and "The City". But as the times continue to revolutionize so has the opportunities for creative individuals looking for an outlet to get some exposure.

Much like the martial arts industry, for years dancing has been very much an underground and under appreciated creative outlet. Until, recently and even still now dancers work hard and get little appreciation or return for their efforts. However, with shows like "Dancing with the Stars," "So You Think You Can Dance" and MTV's "America's Best Dance Crew" today's generations are given hope that creative outlets have the potential to allow individuals to follow their dreams and make a living pursuing their passions.

For those of you who haven't been following MTV's "America's Best Dance Crew" (ABDC) is in its third season of airing. The show has been.....

Read more at <http://kickgen.com/>

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



<http://www.lancientwon.com/media/noway-theatre/001-Ramon-The-Diamond-Dekkers.html>

link

Now you can get back
issues of the magazine at:



www.lancientwon.com/no_way_net_mag.html

LINK



March 21st, 2009

Spring Fling Open Karate Championship
Oasis Inn & Convention Center - Springfield, MO
Contact: Richard Osborn Sr. 417-831-4728

ozziescrew@yahoo.com



**Universal Martial Arts Association
Karate & Kobudo Seminar 03/06/2009**
(Golden Dragon Karate School, Phillipsburg, NJ)
Shihan Frank Williams (910) 546-4144
or sensei@universal-martial-arts.org



www.blackbeltmag.com/fight_night

**2009
OZAWA CUP**

International Karate Tournament

APRIL 9th thru 12th 2009

<http://www.ozawa-tournament.com/>

Get the
Kick USA Florida
Karate Tournaments -
Calendar of events

<http://www.kickusa.com/pdf/kick2009calendar.doc>

LINK

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



**32nd SOUTHERN ILLINOIS KARATE
CHAMPIONSHIPS- SATURDAY,
MARCH 14, 2009**

32nd Southern Illinois Karate
Championships
Dupo High School Gym
600 Louisa Ave. Dupo, IL

<http://unitedkaratealliance.blogspot.com/>

**2009 Matsushima Canadian
Kyokushin Championships**

May 15th, 2009
Adult Full Contact / Knockdown competition

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



The Dim Mock Fraud Man

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

LINK

Click the link to see this video



Stone Dragon Tournament - Bridgeton, NJ
(Bridgeton High School, NJ) 03/21/2009
United Martial Arts Referees Association (609) 724-
9040 or umara2000@yahoo.com



INTERNET HUMOR
Another Free E-book
All Your Favorites Are Here!!

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

LINK

**The
Joe Lewis/Louis Issue**



**One of our most popular
issues**

**You can now get back
issues of**

No Way Net Magazine

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

http://www.fightersformula.com/no_way_net_magazine/Download%20the%20No%20Way%20Net%20mag%2007-08/download_magazine.asp

Link

No Way Net Magazine



Link



www.FightersFormula.com

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

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



**32nd Battle of Florida
2009**

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

Friday June 5- 7th,

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



**14th Annual Mercer County
Karate Championship**
(Lawrenceville, NJ)
03/21/2009

Sensei Ivan Mendes (609) 540-3039 or karatetour@msn.com
**Online Pre-Registration is
available for this Event!**

Get the flyer here

http://www.karatetournaments.com/event_pages/mercer.htm

LINK

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

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

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

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

<http://beafightpromoter.com/>



Check out the All Martial
Arts Film Villain Team
At

<http://www.lancientwon.com/no-way-net-magazine/The-all-martial-arts-film-villain-team.html>

LINK

Click the link to visit



Enter the Dragon

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

See who they picked

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

LINK



Check out the
Hwang Jang Lee
Tribute

Click the blue line
to see a great video.

<http://www.lancientwon.com/media/Martial-Arts-Video/Hwang-Jang-Lee-dmowase.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 Vol 1, issue 16.....

<http://www.worldcombatleague.com/TWW/TWW16/TWW16.html>

Click here to see Vol 1, issue 17.....

<http://www.worldcombatleague.com/TWW/TWW17/TWW17.html>

Click here to see Vol 1, Issue 18.....

<http://www.worldcombatleague.com/TWW/TWW18/TWW18.html>

Click here to see Vol 1, Issue 19.....

<http://www.worldcombatleague.com/TWW/TWW19/TWW19.html>

Click here to see Vol 1, Issue 20.....

<http://www.worldcombatleague.com/TWW/TWW20/TWW20.html>

Click here to see Vol 1, Issue 21.....

<http://www.worldcombatleague.com/TWW/TWW21/TWW21.html>

Click here to see Vol 1, Issue 22.....

<http://www.worldcombatleague.com/TWW/TWW22/TWW22.html>

Click here to see Vol 1, Issue 23.....

<http://www.worldcombatleague.com/TWW/TWW23/TWW23.html>

Click here to see Vol 1, Issue 24.....

<http://www.worldcombatleague.com/TWW/TWW24/TWW24.html>

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nowaymagstaff@nowaynetmagazine.com



Link: www.seaofchi.com

Words from the Masters

From the Taipei Times

FILM REVIEW: **Enter the Ip Man Zone**

A fictionalized account of the early life of a kung fu pioneer, Wilson Yip's latest movie shows that portraying the martial art on the big screen can be both realistic and entertaining

By Ho Yi
STAFF REPORTE
Friday, Feb 27, 2009,

STARRING: DONNIE YEN AS IP MAN,
SIMON YAM AS ZHOU QINGQUAN,
LYNN DAILIN XIONG AS ZHANG YONG CHENG,
LAM KA-TUNG AS LI ZHAO,
HIROYUKI IKEUCHI AS GENERAL MIURA

Before Bruce Lee , there was Ip Man . The grandmaster of the wing chun style of martial arts, Ip Man was Lee's sifu, or master.

Ip Man is also the name of a film, by Hong Kong action director Wilson Yip, that is aimed at rekindling interest in the master teacher and the 200-year-old martial arts school.

Starring Donnie Yen as Ip and ace thespians Simon Yam and Lam Ka-tung, the kung fu flick is loosely based on Ip Man's early life and is bound to become an action movie legend itself, recalling the past glory of kung fu cinema before CGI effects and "wire-fu" cine spoiled all the fun.

In this fictionalized biopic, Ip Man (Yen) is portrayed as the best of the best in 1930s Foshan, China, a bustling city and home to countless martial arts schools keen to recruit new disciples. Ip Man, an unassuming aristocrat who spends much of his time perfecting his skills, however, never intends to show off kung fu in public and keeps his fighting behind closed doors so as to protect those who might challenge him from the embarrassment of defeat.

The sense of jocundity that dominates the opening half-hour disappears with the outbreak of the Sino-Japanese war. After the Japanese occupy Foshan, the population shrinks from 300,000 to 70,000. In order to support his family living in destitution, Ip Man...

To read the rest of the story go to
<http://www.taipetimes.com/News/feat/archives/2009/02/27/2003437170>

Protect your personal information. It's valuable

Why? To an identity thief, it can provide instant access to your financial accounts, your credit record, and your other personal assets.

If you think no one would be interested in your personal information, think again. The reality is that anyone can be a victim of identity theft. In fact, according to a Federal Trade Commission survey, there are almost 10 million victims every year. It's often difficult to know how thieves obtained their victims' personal information, and while it definitely can happen offline, some cases start when online data is stolen. Visit www.consumer.gov/idtheft to learn what to do if your identity is stolen.

Unfortunately, when it comes to crimes like identity theft, you can't entirely control whether you will become a victim. But following these tips can help minimize your risk while you're online:

Read more at <http://www.consumer.gov/idtheft>

Mike Tyson's Greatest Quotes



http://www.lancientwon.com/Entertainment_Articles/Mike_Tyson's_Greatest_Quotes1.html

LINK



Quick Energy Foods

at <http://quickenergyfoods.com/>

We feature high quality, nutritional, and healthy assortment of nuts, dried fruits, dates, figs, fruit logs, trail mixes, snack foods, edible seeds and chocolate or yogurt coated nuts, available in individual packages or in attractive seasonal gift baskets, ideal for Christmas, birthdays, anniversaries, employee recognition, business referrals, and any special occasions.

Health food specialists, nutritionists, dieticians, physicians and trainers highly recommend our products as part of a healthy diet. Many of our products are mentioned in newspapers, magazines, and medical journals regarding their potential in lowering the risk of heart disease cancer and other major illnesses.

Nuts and Dried Fruits

Best sellers include almonds, walnuts, hazelnut, cashews, pecans, pistachios and Brazil nuts - delightful as snack food, baking, or included in salads and deserts. We also offer a variety of delicious mixed nuts to complement meals or entertaining guests.

Favorite dried fruits, primarily grown pesticide free in California and Hawaii, include apricots, cranberries, figs, nectarines, peaches, pears, pineapple, prunes, raisins and deluxe mixed fruit assortments - these too make tasty hor's devours, snack food, as well as served with meals to provide a tasty, nutritional diet for healthy eating and living.

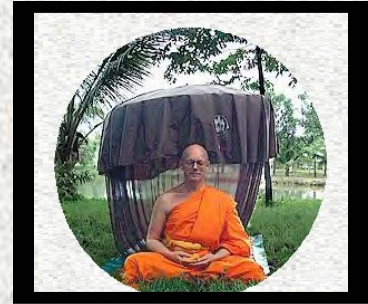
Dates and Fruit Logs...

Read the rest of the article at <http://quickenergyfoods.com/>

=====

Watch the ... Energy Foods Slideshow: A Diet to Boost Your Mood & Energy Level

http://www.rxlist.com/energy_foods_slideshow/article.htm



5 Inspiration Quotes of the Month

1-Success is how high you bounce when you hit bottom. - **George S. Patton**, 1885-1945, American Army General during World War II

2- Quality means doing it right when no one is looking. - **Henry Ford**, 1863-1947, American Industrialist and Founder of Ford Motor Company

3- A real friend is one who walks in when the rest of the world walks out. - **Walter Winchell**, 1897-1972, American Newspaper and Radio Commentator

4- More important than talent, strength, or knowledge is the ability to laugh at yourself and enjoy the pursuit of your dreams. - **Amy Grant**

5- Even a fool knows you can't touch the stars, but it doesn't stop a wise man from trying. - **Harry Anderson**, "Night Court"

See more at

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

A Ground and Pound Renowned



from UFC 5

http://www.lancientwon.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

LINK

click the link to see it



No Way Net Mag's Road Trips

Check out what happens when we
take it to the road

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

Link



Brining you the best in Bollywood

www.loveonfirebmagazine.com

No Way Net Mag's Product and Film Reviews

Street Fighter: The Legend of Chun-Li

Distributor: 20th Century Fox

Director: Andrzej Bartkowiak

Screenwriter: Justin Marks

Cast: Kristin Kreuk, Michael Clarke Duncan, Neal McDonough, Taboo, Chris Klein, Moon Bloodgood, Edmund Chen, Cheng Pei Pei, Josie Ho, Robin Shou

Poor (0 stars)

Action Aplenty in Abysmal Sequel

In 1994, the popular computer game **Street Fighter** was adapted to the big screen as an incoherent concatenation of poorly-choreographed, martial arts action starring Jean-Claude Van Damme. The only reason that otherwise forgettable disaster is even a footnote in the annals of cinematic history is because, sadly, it turned out to be the swan song of Raul Julia who passed away prior to the picture's release at the tender age of 54.

Since the original bombed at the box office, one must wonder what might have prompted a studio to greenlight a sequel 15 years later, especially when you see that the results are equally-abysmal. This unmitigated mess of a movie was directed by Andrzej Bartkowiak (*Romeo Must Die*) who decided to overhaul the cast entirely, starting with Kristin Kreuk in the title role of Chun-Li. Other substitutes include Neal McDonough as the diabolical Bison, along with Michael Clarke Duncan and the Black Eyed Peas' Taboo as his sadistic henchman, Balrog and Vega, respectively.

Read the rest of the article at

<http://www.blackfilm.com/20090305/reviews/streetfighter.shtml>

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

Send us an e-mail.

nowaymagstaff@nowaynetmagazine.com



Clyde Barrow Wanted Poster, 1933

Personal Protection Tips

If You Are Attacked

- Use common sense. Try to talk your way out of it.
- Try to negotiate.
- Stall for time.
- Be verbally assertive.
- Distract or divert the assailant, then flee. Run toward an open business or a group of people. Hide if you get the opportunity.
- Scream loudly, and keep it up to attract attention and help from people near by.
- If the attacker threatens you with a deadly weapon, and you come out of it alive, you took the proper course of action. During an armed attack, you must decide the proper course of action. There is no hard and fast rule as to self defense. You must consider your physical capabilities, your location, and your perceived chances of success. If you cannot escape, bide your time and look for another opportunity, a half-hearted attempt could be worse than no attempt at all.
- Notify the police immediately, when you get the opportunity, and if there are witnesses, ask them to stay until police arrive.
- It is not advisable to carry guns, clubs, knives, or chemical sprays. It is illegal to carry some of these weapons, and they could be used against you. It is advisable not to carry weapons.
- And finally, if a crime occurs, report it. When you report a crime and all the facts about it, it helps the police to assign officers in the places where crimes are occurring or where they are most likely to occur. If you don't report a crime, this allows the criminal to operate without interference. Tell the police what you know. No fact is too trivial.

- **For more tips**
<http://www.sandiego.gov/police/prevention/personal.shtml#Places>



When it comes to funny – nobody beats the Afroninja

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

LINK



Online Protection Tips

How to Protect Yourself Online

Tips By the U.S. Securities and Exchange Commission

Use Extra Caution with Wireless Connections. Wireless networks may not provide as much security as wired Internet connections. In fact, many "hotspots" - wireless networks in public areas like airports, hotels and restaurants - reduce their security so it's easier for individuals to access and use these wireless networks. Unless you use a security token, you may decide that accessing your online brokerage account through a wireless connection isn't worth the security risk. You can learn more about security issues relating to wireless networks on the website of the [Wi-Fi Alliance](http://www.sec.gov/cg-bin/goodbye.cgi?www.wi-fi.org/OpenSection/secure.asp?TID=2).

<http://www.sec.gov/cg-bin/goodbye.cgi?www.wi-fi.org/OpenSection/secure.asp?TID=2>
LINK

Use Your Own Computer If You Can.

It's generally safer to access your online brokerage account from your own computer than from other computers. If you need to use a computer other than your own, you won't know if it contains viruses or spyware. If you do use another computer, be sure to delete all of the your "Temporary Internet Files" and clear all of your "History" after you log off your account.

For more tips

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

**Hong Kong movie hero
Donnie Yen**



Donnie Yen

Martial Arts Articles
February 09



Ip Man Review at <http://www.kungfucinema.com/review-ip-man-2008-5481>

Ip Man the Film at wikipedia [http://en.wikipedia.org/wiki/Ip_Man_\(film\)](http://en.wikipedia.org/wiki/Ip_Man_(film))

Donnie Yen at Wikipedia.org - http://en.wikipedia.org/wiki/Donnie_Yen

Donnie Yen Filmography at http://www.lovehkfilm.com/people/yen_donnie.htm

A UK Donnie Fan Club at <http://www.donnieyen.100megs3.com/>

Donnie Yen Biography at <http://movies.msn.com/celebrities/celebrity-biography/donnie-yen/>

Donnie Yen meditates on violence
http://www.danwei.org/magazines/donnie_yen_esquire_violence.php

Exclusive: Donnie Yen is Back in Action! -
<http://www.comingsoon.net/news/movienews.php?id=42746>

Interview: Donnie Yen on Flash Point's Revolutionary
Choreography - <http://www.wu-jing.org/happenings/archives/78-Interview-Donnie-Yen-on-Flash-Points-Revolutionary-Choreography.html>



No Way Net Magazine

Wing Chun Master



Grand Master
Yip Man

GM Yip Man info at <http://www.wckfc.com/masters/ipman.htm>

GM Yip Man info at http://en.wikipedia.org/wiki/Yip_Man

My Uncle Grandmaster Yip Man An Article By Lo Man Kam
<http://www.lomankamwingchun.com/grandmaster-yip-man.html>

GM Yip Man info at <http://www.fightingmaster.com/masters/yipman/yipman.htm>

Yip Man - Grandmaster William Cheung's World Wing Chun Kung Fu
<http://www.cheungswingchun.com/g/999/yip-man.html>

Yip Man Wing Chun Lineage <http://www.cebridge.com.au/Ipman/>

True Ip (Yip) Man Wing Chun Kung Fu <http://www.wckfc.com/>

Famous Martial Artists - Discovery Channel
<http://www.discoverychannel.co.uk/martialarts/famousmartialartists/yipman/index.shtml>

Yip Man Wing Chun Kung Fu Academy <http://www.wingchunnyc.com/>

The Life of Yip Man <http://www.squidoo.com/yipman>



No Way Net Magazine



Yasuaki
Kurata

**Underrated Japanese
Film Star
Yasuaki Kurata**

Martial Artist Spotlight

Underrated Japanese Film Star - Yasuaki Kurata

Yasuaki Kurata's wikipedia page

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

Karata Promotion - <http://kuratapromotion.web.infoseek.co.jp/index.English.htm>

LEGEND OF A FIGHTER REVIEW -

http://www.angelfire.com/ill/kf_connects/Legend.html

So Close Review - <http://www.cityonfire.com/hkfilms/st/soclose.html>

The Executioner Review -

<http://www.thestuntpeople.com/articles/executioner.htm>

Fist of Legend Review - <http://www.thestuntpeople.com/articles/fistoflegend.htm>

FILMOGRAPHY - <http://www.rarekungfumovies.com/people/person156.html>



Martial Arts News

Junior Martial Arts Instructor Charged With Child Molestation- <http://www.foxreno.com/news/18864008/detail.html#->

Workshop on Kerala's ancient martial arts to be held in Dubai- <http://www.newkerala.com/topstory-fullnews-105318.html>

Martial arts studio under investigation - <http://delrionewsherald.com/story.lasso?ewcd=74c5b538664d1cd8>

Ultimate Martial Arts students compete at qualifier- <http://www.thekansan.com/sports/x594734733/Ulimate-Martial-Arts-students-compete-at-qualifier>

Havasun athletes shine at martial arts competition - <http://www.havasunews.com/articles/2009/03/04/sports/doc49ae14f81e902589086151.txt>

Fontana resident creates martial arts phenomenon - <http://www.fontanaheraldnews.com/articles/2009/03/06/sports/02sportskingofthecage.txt>

Martial Arts Spar-a-Thon to Benefit Kids- <http://www.firstcoastnews.com/news/local/news-article.aspx?storyid=132619&provider=rss>

Herkimer man exceeds expectations in Martial Arts - <http://cnyhomepage.com/content/fulltext/?cid=29762>

Arkansas legislative panel wants state rules on fighting contests- <http://www.ky3.com/news/local/40858277.html>

Update: Burlington fight club charges are a first in N.C.- http://www.news-record.com/content/2009/03/06/article/man_charged_with_operating_fight_club

Davin Clark is no Liddell ... yet- http://sportsillustrated.cnn.com/2009/mma/03/05/davin-clark/index.html?section=si_latest

The Emperor makes his return - <http://www.glendalenewspress.com/articles/2009/03/06/sports/gnp-sproman26.txt>

Second Kobayashi Dojo to open - <http://www.cape-coral-daily-breeze.com/page/content.detail/id/503846.html>

Spears kicks off tour after five year break - <http://brantfordexpositor.ca/ArticleDisplay.aspx?e=1463159>

The Martial Arts Top Ten

Top Ten Heavyweight MMA Fighters 205 lbs and up at <http://www.fighting-mma.com/top10/heavy.php>

Okay not really a top 10 - **The 100 Greatest Fight scenes**- 10 at a time at <http://homepage.ntlworld.com/john.richards250/100fightscenes.htm>

The Top Ten Greatest Heavyweight Champions In History at <http://www.eastsideboxing.com/news.php?p=6087&more=1>

Here's another top 10 list at http://community.foxsports.com/blogs/The_Dan/2005/12/17/Top_10_Greatest_Heavyweight_Champions

The 10 Greatest Heavyweight Fights of All Time at <http://coxscorner.tripod.com/10heavyweight.html>

Worlds Ten Best Mixed Martial Arts Heavyweight Fighters at <http://ezinearticles.com/?Worlds-Ten-Best-Mixed-Martial-Arts-Heavyweight-Fighters&id=432292>

Who are your Top Ten greatest Heavy Weight Boxing Champions of all time? at http://www.faniq.com/poll_results.php?poll_id=158775&rnum=

The 10 Greatest Martial Arts Movies of All Time at <http://www.experiencemartialarts.com/blog/archives/16>

Top 10 Jackie Chan Movies at <http://martialarts.about.com/od/moviereviews/tp/topjackiechan.htm>

Top 10 Jackie Chan Movies (In Jackie's opinion) at http://www.randomhouse.com/features/iamjackiechan/excerpt_fights.html

Top 10: Asian Martial Arts Movies at http://www.askmen.com/toys/top_10_100/101_top_10_list.html

Bad-Ass Martial Arts Movies Top 10 List at <http://bix.yahoo.com/top10/18148>

Top 10 MMA Fighters in the World by MMAWeekly Staff at <http://www.completemartialarts.com/whoswho/mma/topmmafighters.htm>

The Top 10 Reasons to Start Karate at <http://ezinearticles.com/?The-Top-10-Reasons-to-Start-Karate&id=861701>

Top 10 Martial Arts Novels at <http://www.amazon.com/Top-10-Martial-Arts-Novels/lm/R2UXP6LL2NWOA8>

Top 10 & ½ Training Tips for Martial Arts Conditioning at <http://www.bodybuilding.com/fun/alwyn1.htm>

Top 10 Reasons for Studying the Martial Arts at <http://martial-arts-humor.blogspot.com/2007/12/top-10-reasons-for-studying-martial.html>

Top 10 Martial Artists at <http://www.bullshido.net/forums/showthread.php?t=9090>

Top 10 Mixed Martial Artists at <http://listverse.com/sports/top-10-mixed-martial-artists/>

Top 10 International Martial Arts - at <http://listverse.com/sports/top-10-international-martial-arts/>

Top Ten Books for All Martial Artists at http://martialarts.jameshom.com/library/reviews/aatp_booksgeneral.htm

How to Hit a Speed Bag at http://www.ehow.com/how_2096330_hit-speed-bag.html

Speed bag discussion Technique, training, and equipment ... all things speed bag at <http://www.speedbagforum.com/forums/showthread.php?s=5506f8bb62a4d71b917803aa856eb0f0&p=6150#post6150>

Martial Arts Poetry & Philosophy

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

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

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

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

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

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

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

ZEN AND THE ART OF MANAGEMENT at <http://www.lifepositive.com/mind/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/patru/>

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

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

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

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

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

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

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

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

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

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

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

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

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



No Way Net Magazine

The Warriors Way

by Java Bomani

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

He chooses the path of least resistance,

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

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

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

The warrior knows he can break the stone,

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

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

Read more Poetry

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

Link

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

nowaymagstaff@nowaynetmagazine.com

Seminars and

Karate Tournament Central at
www.karatetournaments.com

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

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

SYSTEMA IMMERSION CAMP 2008 AT
<http://www.russianmartialart.com/main.php?page=week>

Home of the World's Largest Grappling Tournaments at
http://www.nagafighter.com/naga_home.asp

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

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

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

Tournaments

The UMAN World Open at www.theuman.com

UPCOMING EVENTS AT www.YAMM.COM

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

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

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

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

Martial Arts Crosswords



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

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

Here's another at

Ladies – Checkout the Keepin You Sexy Body Garment

See how you can drop 3 sizes in
10 minutes.

<http://www.lancientwon.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.lancientwon.com/media/noway_theatre/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 three 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

15th of March 2009 - Falkirk, Scotland

On the 15th of March the Fudoshin Karate Club are hosting a special seminar on kata-based-sparring and how to make it part of your training and teaching. The exact time and venue are currently being confirmed. For further details, and to register your interest, please email Craig Penman on craigpenman20@hotmail.com or call him on 07729922251. You can also write to Craig Penman, 68 Ochil View, Denny, Stirlingshire, FK6 5NH.

3rd of May 2009 - Edinburgh, Scotland

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

10th of May 2009 - Worcester, West Midlands

This seminar will take place from 12pm to 4pm on Sunday the 10th of May 2009. It is to be held in the Fernhill Heath War Memorial Club, Droitwich Road, Worcester, West Midlands. It will cost £25 per person (inc light snack afterwards) and a deposit of £10 is to be paid ASAP. You are encouraged to act quickly if you wish to attend. No on the door tickets will be available. All cheques should be made payable to "Nigel Lee" and sent to 46 Pear Tree Way, Church Meadows, Wychbold, Droitwich Spa, Worcs, WR9 7JW. Nigel can also be contacted via 07534942127 and nigell1975@btinternet.com

24th of May 2009 - Stockport

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

6th of June 2009 - Bridgwater, Somerset

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

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

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

An Excerpt from a



**Rickson Gracie interview
with TOOL frontman Maynard Keenan**

Maynard: It seems that here in the states, people are more concerned with doing something to make money than they are with doing what it is that they love to do. They decide that money is the goal and then begin to figure out what they've got to do to get it. They forget to listen to themselves to find out what it is they really are not only best suited for but are passionate about as well.

Rickson: Yes. I think exactly the opposite. You need to make money but it should never be the priority. What you like to do is what you should try your best at doing. The money is gonna come. That's the way people really get rich, you know? They just enjoy what they do and the money comes in some way. It's the same with the work out. Some people think that the workout is to increase heartbeats or flexibility or endurance or coordination. So they make up exercises to improve one of more of these areas. When I'm doing exercise, what I'm trying to do is meditate. Get in a state that I feel a balance between body, mind, and spirit. It's just enjoyment. When I train in Jiu Jitsu I don't have a clock in mind. I'm just feeling and flowing. When playing or surfing or hiking there are no timings or special rules. If you love it you just get into it with your whole body. You don't care that it's exercise.

Read to whole interview at

<http://www.teamtooke.com/ricksonmaynardinterview.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

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

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

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

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

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

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

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

Free Martial Arts E-Books and newsletters

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

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

E-books from Sensei Iain Abernethy

Get Sensei Abernethy's
Newsletter
in PDF

at www.iainabernethy.com/news_page.asp

The Society of Applied Traditional Martial Arts

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

Matthew Sylvester's Practical Taekwondo Newsletter

A message from Matthew: *Hi All,*

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

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

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

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

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

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](http://www.iainabernethy.com)*

Subscription Link:

Free Practical TKD Newsletters Information provided by [iainabernethy.com](http://www.iainabernethy.com)

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

Close Quarters Combat Newsletter

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

Martial Arts Festival UK (FREE Iain Abernethy workshop)

*Information provided by
[iainabernethy.com](http://www.iainabernethy.com)*

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

JOE LEWIS' FREEFIGHTING SYSTEM

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

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

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

*Information provided by
[iainabernethy.com](http://www.iainabernethy.com)*

Free Martial Arts e-books on http://www.1ancientwon.com/entertainment_ebooks/1Awon_ebooks.html

Ready for Anyone and Anything in a Street Fight at http://www.kerwinbenson.com/free_ebooks.html

Multiple Attacker Tissue Training at http://www.kerwinbenson.com/free_ebooks.html

Martial-Arts Goal Setting at http://www.kerwinbenson.com/free_ebooks.html

Free MA e-books at www.johnsebooks.com

Muay Thai e-book at <http://www.usmta.com/MTI-E-BOOK-NEW-FRAME.htm>

Tons of free e-books on this site. Not necessarily martial arts but most are free at <http://www.fictionwise.com/eBooks/freeBooks.htm?cache>

Many Old and Rare Chinese Books in English. You can download a free sample and then decide if you want to by it at <http://www.kungfulibrary.com/e-book-store.htm>

5 free Martial Arts e-books at <http://home.earthlink.net/~jeettek/page7.html>

Online introduction to Kyokushin Karate - one of the best fighting technique at <http://karate.snowcron.com/karate.htm>

Online introduction to Chinese meditation and martial techniques at <http://taichi.snowcron.com/index.html>

Steal This Book!(everyone else has)-an e-book by Ashida Kim at <http://ashidakim.com/stb.html>

How To Create Martial Arts e-Books at <http://www.awcaonline.com/emedial/ebooks/htcmaeb.html>

Do you know of any free martial arts e-books we missed? Let us know...
nowaymagstaff@nowaynetmagazine.com

Fight Video Game, News, Reviews and Forums

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

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

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

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

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

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

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

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

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

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

Gaming Blogs http://blogsearch.google.com/blogsearch?asq=gaming&new&oe=utf-8&ra.org.morlfa.en-1&official&diarfu&refox&sums1&ieu=UTF-8&enigppp&St..._JBKClpZy7WfEBe&su-X&du&group&resnum=1&ch=1&ie

I INK



A Tribute Video
David Tank Abbott

http://www.1ancientwon.com/free-to-Martial_Arts_Video/tank_abbott_tribute.html

LINK



Kung Fu Street Fight

http://www.1ancientwon.com/free-to-Martial_Arts_Video/kung_fu_streetfight.html

LINK

Martial Arts Radio and Podcasts

Now playing on www.actionradio.net



2007 Sports Show of the Year

Also

Tony & Joey Zaino hosts "Sports Talk"

Tuesday Nights 7:00 & 8:00 PM EST

Martial Arts Spotlight

With host Danny & Theresa Zaino

Monday Nights 9:00 PM EST

Italian Family Cooking

With the Zaino Family Wednesday Nights 7 PM EST

Fight Zone Show

Fight Zone Magazine Media/TV

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

-The Yudo Hour-

The Richard Hackworth Show

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

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

-The Action Martial Arts Magazine Radio Show- Restaurant Talk

With hosts Danny & Theresa

Special monthly interviews with restaurant &
cooking experts

The Dominique Zaino Show

Sunday Nights 7 PM & 8 PM EST

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Martial Arts Technique of the Week Podcasts
From the Turtlepress

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

Martial Arts Videos and Podcasts

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

Chinto / Gankaku Kata: Application & History

Podcast from iainabernathy.com

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



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/gc-green-living-podcasting-and-martial-arts-with-meredith-medland.html>

Podcast Directory

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

Ottawa Academy of Martial Arts Podcast

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

MMA Podcast

http://www.bboxet.com/Mixed_martial_arts/Section:podcasts/

Martial Art Masters of Texas Podcasts

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

Martial Arts Video Clips

Hong Kong movie hero Donnie Yen

- SPL - Donnie Yen vs. Jing Wu** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/SPL_Donnie_Yen_vs_Jing_Wu.html
- Donnie Yen on Ip Man** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Donnie_Yen_on_Ip_Man.html
- Donnie Yen vs Collin Chou Flash Point End Fight** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Donnie_Yen_vs_Collin_Chou_Flash_Point_End_Fight.html
- Donnie Yen Vs Sammo Hung** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Donnie_Yen_vs_Sammo_Hung.html
- Donnie Yen - Kung Fu Fighters** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Donnie_Yen_Kung_Fu_Fighters.html
- Sifu Yip Chun teaches Donnie Yen Chi Sao** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Sifu_Yip_Chun_teaches_Donnie_Yen_Chi_Sao.html
- BRUCE LEE or DONNIE YEN who's quicker?** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/BRUCE_LEE_or_DONNIE_YEN_who_is_quicker.html
- Donnie Yen versus John Salvitti** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Donnie_Yen_vs_John_Salvitti.html
- Legend of the Wolf; Donnie Yen vs. Mak Wai Cheung** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Legend_of_the_Wolf_Donnie_Yen_vs_Mak_Wai_Cheung.html
- Iron Monkey - Best Fight Scenes 1 - Donnie Yen** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Iron_Monkey_Best_Fight_Scenes_1_Donnie_Yen.html
- Iron Monkey - Best Fight Scenes 2 - Donnie Yen** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Iron_Monkey_Best_Fight_Scenes_2_Donnie_Yen.html

Wing Chun Grand Master Yip Man

- YIP MAN The Movie - First Trailer**- http://www.1ancientwon.com/media/noway_theatre/Mar_09/YIP_MAN_The_Movie_First_Trailer.html
- Bruce Lee's Master Yip Man Performing Wing Chun - RARE FOOTAGE** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Bruce_Lees_Master_Yip_Man_Performing_Wing_Chun.html
- Grandmaster Yip Man** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Grandmaster_Yip_Man.html
- Yip Man Siu Lim Tao** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Yip_man_siu_lim_tao.html

Underrated Japanes Film Star – Yusuaki Karata

- Yusuaki Kurata - rage of wind** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/yusaka_kurata_rage_of_wind.html
- yusuaki kurata - karate vs tiger** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/yusaka_kurata_karate_vs_tiger.html
- Yasuaki Kurata** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/yusaka_kurata.html
- Gordon Liu vs Yasuaki Kurata - Heroes Of The East End Fight** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Gordon_Liu_vs_Yasuaki_Kurata_Heroes_Of_The_East_End_Fight.html
- Legend of a Fighter - Leung Kar Yan vs. Kurata Yusuaki** - http://www.1ancientwon.com/media/noway_theatre/Mar_09/Legend_of_a_Fighter_Leung_Kar_Yan_vs_Kurata_Yusuaki.html

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

Donnie Yen

http://upload.wikimedia.org/wikipedia/en/3/3b/Donnie_Yen.jpg

<http://www.completemartialarts.com/whoswho/actionstars/images/donnieyen.jpg>

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GM YIP Man

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Yasuaki Kurata

<http://www.hkcinemagic.com/en/gallery.asp?pid=1711&fid=4642&type=1&id=30319>

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http://www.legendofsevenmonks.com/the_movie.php

Picture Gallery



A Dynamic Symphony of Action

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

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

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

KICKING OFF A FRENETIC SYMPHONY OF ACTION

http://www.amazon.com/Friend-Nikki-Sunshine-Java-Boman/dp/1412050367/ref=sr_1_4/102-9575753-6041741?ie=UTF8&cahoots&qid=1192746499&sr=1_4

LINK

More Photos

Fedor

<http://mmacraze.files.wordpress.com/2008/01/fedor-emelianenko.jpg>
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Grand Master Helio Gracie

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Benny the Jet

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More Photos

Jhoon Rhee

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Grandmaster Jeff Smith

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The Karate Kid

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4/05

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