

No Way Net Magazine



**1 Ancient Won
Entertainment, L.L.C.**

www.1ancientwon.com

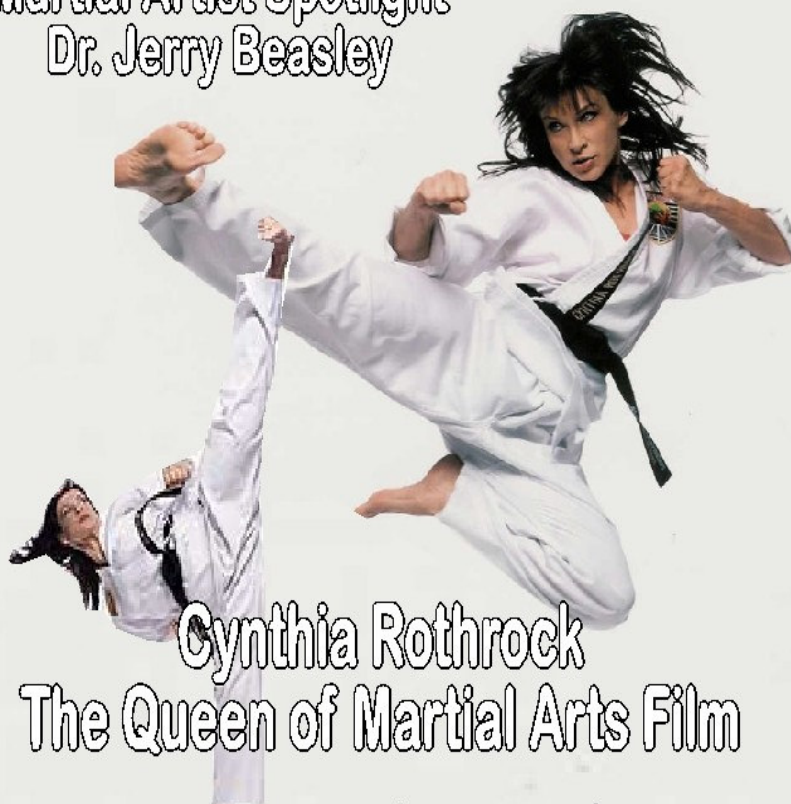
NO WAY NET MAGAZINE

BRINGING THE MARTIAL ARTS TO THE MARTIAL ARTIST and fans

NO WAY NET MAG

DECEMBER 2008

**Martial Artist Spotlight
Dr. Jerry Beasley**



**Cynthia Rothrock
The Queen of Martial Arts Film
www.nowaynetmagazine.com**

No Way Net Magazine



On the Cover February 2009

On the Cover: **Fedor Emelianenko**

Visit his official website at http://www.fedor.bel.ru/index_eng.shtml

Or his myspace page at <http://www.myspace.com/fedoremelianenkofanpage>

Helio Gracie

Visit the Gracie Family Jiu Jitsu site: http://www.gracieacademy.com/helio_gracie.html



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 try our best to ensure safety of our products by using some of the industry leaders in protection, however sometimes things happen that are beyond our control. We're only a small company with a tiny budget but we don't skimp when it comes to protection. Hell, even the big companies who make and spend millions on protection get attacked from time to time. As I write this, I just heard news of **FACEBOOK getting attacked** (Read about it here http://www.dipity.com/timeline/Facebook_Virus) again. We don't use some rinky dink service as our web hosting, we're powered by Yahoo. The point is, we do this for the love of martial arts and we do all we can to protect ourselves and our products but we can't guarantee them no matter how much we would like to. We guarantee you'll get our best shot at it and at the first sign of trouble we'll shutdown till we feel all is well. We are at the mercy of our security products, that why we use the best available.

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Fedor Emelianenko

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

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



http://www.lancientwon.com/media/noway_theatre/oct_08/Ramon_The_Diamond_Dekkers.html

Click the link to visit.

Now you can get back
issues of the magazine at:



www.lancientwon.com/no_way_net_mag.html

Read
Martial Arts Articles
Martial Arts Poetry
And get
Martial Arts E-books
At the
Cyber Tiger Web Dojo

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



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!

www.usopen_karate.com

Eastern Standard Times

Show #1

2009

Friday, February 6th 8:00pm ET

Show #2

2009

Friday, February 13th 9:00pm ET

Western Standard Times

Show #1

Show #2

Friday, February 13th 6:00pm PT

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

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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/>

**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.nowaynetmagazine.com/nowaynetmagazine/Download/2008/08_Way_Net_mag_07_08_Available_online

**Click the blue line to
check it out or to get
more info.**



The Dim Mock Fraud Man

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

**Click the grey line
to see this video**

Jersey's Best Of The Champions Open Martial Arts Tournament
(East Orange, NJ)

Shihan Ted Green (973) 678-5599 or Niaa1@verizon.net

Sport Martial Arts Weaponry Championships
(Edgewater Park, NJ)

Master Jose Torres (609) 871-6000 or admin@teamtorres.org



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™).

BRINGING THE MARTIAL ARTS TO THE MARTIAL ARTIST and fans

**July 2005**


Tournament Promoters
Join The
Florida Palm Coast Karate Events
&
National Promoters League
Calendar of Events for 2009
This Year There Is A \$200.00 Sanctioning Fee
You will receive all of the following benefits:

- *Tournament Sanctioning, Promotion & Assistance
- *FREE Quarterly Promoters E-Newsletter
- *FREE Radio Commercial To Promote Your Event
- *FREE Event Listing On Our Network Of Websites
- *FREE Full Page E-News Ad Reaching Over 20,000 Subscribers
- *FREE Directory Listing In World Martial Arts Magazine
- *FREE Dojo Marketing Materials To Boost Your Bottom Line
- *FREE Online Business & Management Seminars
- *FREE Unlimited E-Mail Consultations With Our Success Mentors
- *FREE DISCOUNTS From Major Equipment Suppliers

More Benefits To SAVE MONEY

- * DISCOUNTS From Top Nutritional Supplement Companies
- * DISCOUNTS On Printing Of School & Tournament Materials
- * DISCOUNTS On Popular Educational Materials
- * DISCOUNTS On Advertising In Major Martial Arts Magazines
- * DISCOUNTS On Website Design, Development, and Marketing
- * AFFILIATE Products Make You \$\$\$ Without Spending 1 Thin Cent
- * AFFILIATE Programs To Generate Additional Income Streams

If You Want To Get On The 2009 FPCKE Calendar Call Us Today:
561-575-5425 or Email: fpcke@comcast.net

Tournament Promoters
Join the Florida Palm Coast Karate Events

If you want more Info or to get on the FPCKE calendar call or
e:mail
561-575-5425 / <mailto:fpcke@comcast.net>

If you want more Info or to get on the FPCKE calendar call or
e:mail
561-575-5425 / <mailto:fpcke@comcast.net>

2nd Battle of Florida 2009
Martial Arts Expo / Convention / Hall of Fame / Tournament
 Presented by
The Zaino Family & Grandmaster Carl Stone
at the beautiful Clearwater Beach, Florida

Friday June 5th
 Action Packed Nightwork!
 World Martial Arts Masters
 7-8pm 9-10pm 11-12am

Saturday June 6th
 Tournament Competition &
 Great Complimentary Show
 9am-12pm 12pm-3pm 3pm-6pm

Sunday June 7th
 Exciting Seminars
 With Live Filming for the
 Documentary Film
 "Grandmasters" &
 "Masters Onset"

Clearwater
 Pinellas County

FIGHT HOME
 FIGHT AMERICA
 VICTORY

For Complete Event Info Visit: BattleOfFlorida.com / 861-275-KICK / fjbce@comcast.net

32nd Battle of Florida

2009

Presented by
the Zaino Family and
Grandmaster Carl Stone

Friday June 5– 7th,

More info at
[**www.battleofflorida.com**](http://www.battleofflorida.com)

Presented by
the Zaino Family and
Grandmaster Carl Stone

More info at
battleofflorida.com

More info at
www.battleofflorida.com

Link: www.seaofchi.com



Check out the All Martial Arts
Film Villain Team
At

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

Click the grey line to visit



Behind the 36th Chamber
Gordan Liu

<http://www.dragondynasty.com/blog/show/40>

Click the blue line
to read a great article.

BRINGING THE MARTIAL ARTS TO THE MARTIAL ARTIST and fans



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>

By clicking the blue
line



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>

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<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>

Got stuff going on? Let us know about it. We'll
display it for free.

nowaymagstaff@nowaynetmagazine.com

Words from the Masters

Fedor Emelianenko responds to Andrei Arlovski, Freddie Roach, and Dana White in exclusive interview with 5 Oz. of Pain

January 8, 2009 by **Sam Caplan**

There are just 17 days until **Fedor Emelianenko** defends his **WAMMA** heavyweight title against former UFC heavyweight champion **Andrei Arlovski** during **Affliction** and **M-1's "Day of Reckoning"** on January 24 in Anaheim, California.

Despite having recorded victories in the past over the likes of former **PRIDE** and interim **UFC** heavyweight champion **Antonio Rodrigo Nogueira**, former **UFC** heavyweight champion **Tim Sylvia**, and **Mirko "Cro Cop" Filipovic**, Arlovski could pose Fedor's toughest test to date.

Fedor's potential toughest test is also set to occur on the heels of his first loss in the **World Combat Sambo Championships** in nearly eight years. Fedor responded to the loss by claiming that it had little to no bearing on his career in MMA and that Combat Sambo was merely a hobby for him.

Despite what he had said publicly, Emelianenko still ultimately elected to cancel an-early December press trip to the U.S. so that he could begin his camp early in preparation for Arlovski. The decision created a great deal of skepticism with Arlovski at the top of the list of skeptics.

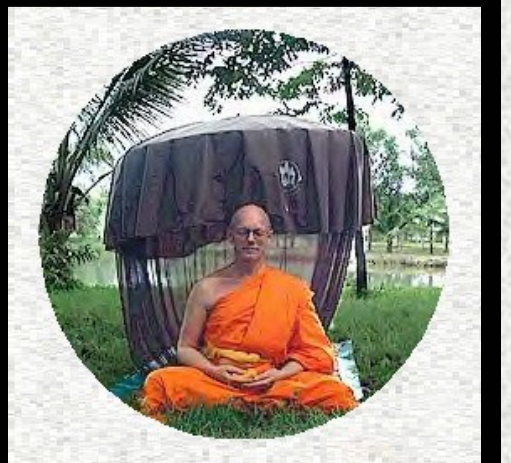
"After his loss in the Sambo tournament, I think he's messed up a little bit," Arlovski said during a December press conference to promote 'Day of Reckoning.' "He says it's not important, but c'mon, let's be serious. He was unbeatable, like, five years, six years in Sambo, and he's not beatable in MMA. When you lose something, of course it's [expletive] important. For me, it's really hard to believe that he doesn't care about it. Of course he cares. He's not like 100 percent sure of himself."

Read the rest of the article at

<http://fiveozofpain.com/2009/01/08/fedor-emelianenko-responds-to-andrei-arlovski-freddie-roach-and-dana-white-in-exclusive-interview-with-5-oz-of-pain/>

Send comments & questions to:

nowaymagstaff@nowaynetmagazine.com



5 Inspiration Quotes of the Month

1- It takes less time to do things right than to explain why you did it wrong. - **Henry Wadsworth Longfellow**

2- Bad habits are like chains that are too light to feel until they are too heavy to carry. - **Warren Buffet**

3- The victory of success is half won when one gains the habit of setting goals and achieving them. Even the most tedious chore will become endurable as you parade through each day convinced that every task, no matter how menial or boring, brings you closer to fulfilling your dreams. - **Og Mandino**

4- Instead of thinking about where you are, think about where you want to be. It takes twenty years of hard work to become an overnight success. - **Diana Rankin**

5- To understand the heart and mind of a person, look not at what he has already achieved, but at what he aspires to. - **Kahlil Gibran**

See more at

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

Got some inspirational quotes? Send them to us



Check out

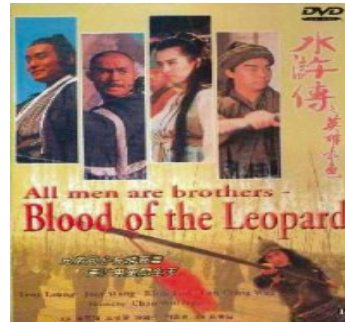
Jim Kelly in the

Top Fighter
Martial Arts Spotlight

http://www.lancientwon.com/no_way_net_magazine/Martial_Artist_Info/Jim_Kelly.html

click the grey line to see it

No Way Net Mag's Product and Film Reviews



All Men Are Brothers: Blood of the Leopard

Review by Jonah Ewell at martialartsny.com

A Classic Brought to Life This movie is an adaptation of one chapter of the classic Chinese novel Outlaws of the Marsh aka The Water Margin aka All Men Are Brothers. Written in the fourteenth century and set roughly two hundred years earlier during the Song dynasty, it tells the story of a band of outlaws who live in the marshes of Mount Liang. Although they are certainly criminals in the strictest sense of the word, none of them are evil by nature. They have all been forced, in one way or another, to leave their regular lives behind and lead a Robin-Hood-and-his-Merry-Men existence. (Although by comparison the Merry Men do suffer: Robin and Little John are stout at cudgel play and skilled in the longbow, but I doubt either of them could handle a nine-section whip or a kwandao. Also, while I haven't read the complete **Water Margin**, I've heard that there are more than one hundred characters, and each one gets his or her own chapter, complete with their own tragic story, evil nemesis, and unique kung fu skill. Beyond the aforementioned Robin and Little John, I can only remember Friar Tuck. But I digress.)

Read the rest of the story or more reviews here at

<http://www.martialartsny.com/videos/leopard.html>

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

Send us an e-mail.

nowaymagstaff@nowaynetmagazine.com

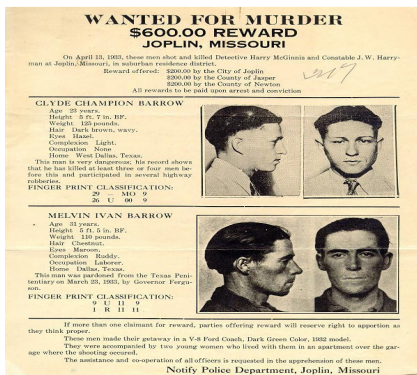


No Way Net Mag's Road Trips

Check out what happens when we take
it to the road

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

Link



Clyde Barrow Wanted Poster, 1933

Personal Protection Tips

Help Keep Employees Safe

- Keep buildings locked whenever public access is not necessary.
- Watch for suspicious persons (persons not having legitimate business.)
- Look into your car before entering it.
- If you think you are being followed, find other people.
- Use the "buddy" system.
- Take access control policies seriously.
- If Confrontation Does Occur, These are the Safety Procedures to be Kept in Mind:
 - Don't be a hero. Do nothing to risk your personal safety.
 - Consider all guns, or threat of guns, as loaded weapons.
 - Activate alarms only if you can do so without detection.
 - Attempt to alert co-workers only if you can do so safely.
 - Follow directions exactly, without volunteering.
 - Without seeming obvious, study attacker's distinguishing features.

For more tips

<http://www.sandiego.gov/police/prevention/personal.shtml#Places>



Online Protection Tips

How to Protect Yourself Online

Tips By the U.S. Securities and Exchange Commission

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>

www.1ancientwon.com

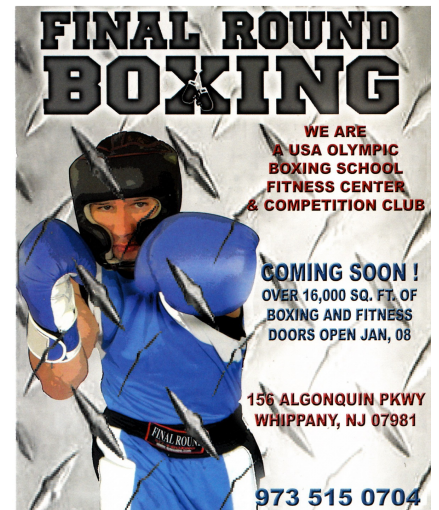


Five Tips to Keep Your Kids Safe Online

1. Open a dialogue. Talk to your child about Internet safety. Surf the Web together.
2. Be informed. Know what Web sites your child visits and who they communicate with online.
3. Become Internet savvy - ask your children to teach you how to use the programs they use.
4. Empower yourself. Use filtering or monitoring software.
5. Be vigilant. Stay involved - your child's online activity will increase as they get older. Keep the conversation going.

Wonder what your kids are doing on the Internet? Protect them now with Webroot Parental Controls. Learn More at <http://l.webroot-email.com/u.d?Zmlvr5TANr9fQDv9Y=101>

Protect your Children. Protect Yourself.



http://www.lancienton.com/no_way_net_magazine/Final_Round_Boxing.html

Link



Martial Arts Articles



February 09

Fedor Emelianenko - The Last Emperor

Fedor Emelianenko Info at <http://www.pridefc.com/pride2005/index.php?mainpage=fighters&fid=61f>

Fedor Emelianenko info at http://en.wikipedia.org/wiki/Fedor_Emelianenko

Official Record and more at <http://www.sherdog.com/fighter/Fedor-Emelianenko-1500>

Here's another great site <http://www.fedoremelianenko.info/>

Read a bunch of articles at http://www.fightline.com/fighters/fedor_emelianenko.shtml

Simply Fedor: an article by Chris Dolan
<http://fiveouncesofpain.com/2009/01/28/dolan-simply-fedor/>

Fedor KOs Arlovski, pandemonium among the MMA fanbase annoys
<http://www.mma-analyst.com/post/Fedor-KOs-Arlovski-pandemonium-among-the-MMA-fanbase-annoys.aspx>

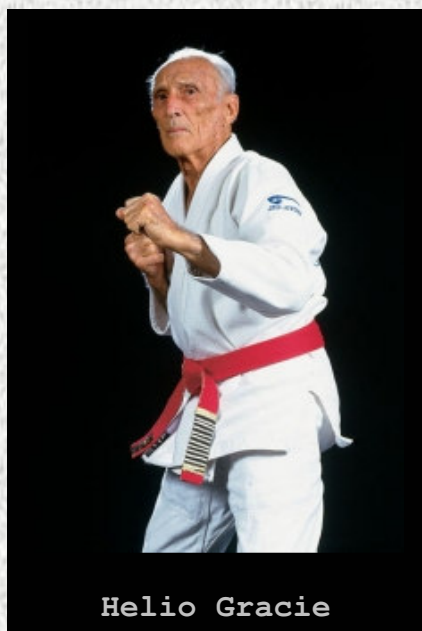




No Way Net Magazine



The Last Emperor



Helio Gracie



No Way Net Magazine

Former UFC heavyweight champion **Andrei Arlovski** sat down with Sherdog.com news editor Loretta Hunt to discuss his disappointing loss to **Fedor Emelianenko** at Affliction and M-1 Global's "Day of Reckoning." **Video Interview**

<http://www.sherdog.com/videos/videointerview/Arlovski-on-Disappointing-KO-Loss-1890>

Fedor Emelianenko addressed the press after his impressive knockout of **Andrei Arlovski** at Affliction and M-1 Global's "Day of Reckoning." **Video Interview**

<http://www.sherdog.com/videos/videointerview/Fedor-Talks-Big-Win-at-Affliction-1889>

Fedor Emelianenko has intimidating style

<http://www.latimes.com/sports/la-sp-fedor-mma22-2009jan22,0,1755564.story>

Fedor Emelianenko: Fight was even until I knocked Arlovski out

<http://mmajunkie.com/news/13822/fedor-emelianenko-fight-was-even-until-i-knocked-arlovski-out.mma>

Fedor: The Fighting System of the World's Undisputed King of MMA -BOOK

<http://search.barnesandnoble.com/Fedor/Fedor-Emelianenko/e/9780977731541>

Fedor Emelianenko "Has No Technique", But Does It Matter?

<http://mmafrenzy.com/8472/fedor-emelianenko-has-no-technique-but-does-it-matter/>

Fedor wallpapers <http://www.skinz.org/mma/fedor-emelianenko-wallpapers.html>

More UFC wallpaper http://www.free-sport-wallpapers.com/ufc_wallpapers.htm

Check out some of Fedor's Fight Video Clips
in the Video Room

Martial Artist Spotlight

Farewell to Grandmaster Helio Gracie - (1913-2009)

Jiu-Jitsu legend Helio Gracie dies at 95

http://news.xinhuanet.com/english/2009-01/30/content_10735776.htm

Helio Gracie Buried in Petropolis <http://www.cagepotato.com/helio-gracie-buried-petropolis>

(Now -- let's celebrate his life)

Hélio Gracie Information at wikipedia.org

http://en.wikipedia.org/wiki/H%C3%A9lio_Gracie

A Gracie Family Pictorial - <http://www.onzuka.com/graciepix.html>

Helio Grace info at <http://www.completemartialarts.com/whoswho/halloffame/heliogracie.htm>

Happy Belated Birthday Helio Gracie by Kid Nate

<http://www.bloodyelbow.com/2008/10/2/626767/happy-belated-birthday-hel>

Helio Gracie reveals the true story behind his epic battle with Kimura Masahiko http://www.geocities.com/global_training_report/helio.htm

Helio Gracie Celebration <http://www.boxingscene.com/forums/showthread.php?t=241844>



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.fanig.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 Crosswords

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

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

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



Martial Arts News

Martial Arts Experts Teach Self-Control for Building Better Minds at

<http://www.myfoxboston.com/myfox/pages/News/Detail?contentId=8003020&version=1&locale=EN-US&layoutCode=VSTY&pageId=3.2.1>

Sidekicks Martial Arts class members learn to fend off an attacker (VIDEO) at

http://www.littleelmjournal.net/articles/2008/12/04/little_elm_journal/news/77.txt

Alcohol will mix with martial arts in Grandville event by Joanne Morris at

http://www.mlive.com/grandvalleyadvance/index.ssf/2008/12/alcohol_will_mix_with_martial.html

University graduate student makes sport of Mixed Martial Arts fighting By: Kevin Morrissey at

<http://media.www.bgnnews.com/media/storage/paper883/news/2008/12/02/Campus/University.Graduate.Student.Makes.Sport.Of.Mixed.Martial.Arts.Fighting-3565161.shtml>

Mixed Martial Arts emerging as top fight sport at

<http://media.www.thepolypost.com/media/storage/paper1127/news/2008/12/02/Sports/Mixed.Martial.Arts.Emerging.As.Top.Fight.Sport-3564476.shtml>

Top Level Boxing, MMA In Costa Rica By Michael Woods at

<http://www.thesweetscience.com/boxing-article/6406/top-level-boxing-mma-costa-rica/>

Martial arts center offers women's self defense class at

http://www.hcnonline.com/articles/2008/12/04/tomball_magnolia_potpourri/news/po_as_womens_self_defense_11_26.txt

Ultimate Fighters To Visit Fort Bragg Soldiers at

<http://news.mynbc.com/site/news/story/20926/ultimate-fighters-to-visit-fort-bragg-soldiers>

Martial arts experts hope more people will take up the sport at

<http://ph.news.yahoo.com/cna/20081129/tap-078-martial-arts-experts-hope-people-231650b.html>

90 students of taekwondo compete at Oswego event at

<http://www.syracuse.com/news/index.ssf?/base/news-14/1228298343302870.xml&coll=1>

Guam team makes strong showing at Asian Open at

<http://www.guampdn.com/article/20081204/SPORTS/812040320>

Confident Pacquiao ready for de la Hoya boxing match at

http://news.yahoo.com/s/afp/20081204/ts_alt_afp/boxusaphidelahoyapacquiao_081204132333

"Sugar" Shane Mosley may now have to fight for right to fight in Vegas BY NATHANIEL VINTON - DAILY NEWS SPORTS WRITER at

http://www.nydailynews.com/sports/more_sports/2008/12/04/2008-12-04_sugar_shane_mosley_may_now_have_to_fight.html

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-poetry.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>

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

ZEN AND THE ART OF MANAGEMENT at <http://www.11fpostlive.com/niid/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/patru1/>

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 ASSASSIN IN THE DARK by Java Bomani

He lurks in the shadows,

*He morphs into one with the
elements.*

*His flesh becomes fog in the
mist,*

*Gale in the gust, grain in the
dust.*

*The blade glimmers when
drawn,*

*A quick flip severs a moth's
head from its body.*

His eyes grow telescopic,

His ears hear, far and near.

His emotions are in check,

Fear is not an option.

His victims never see...

or hear... or suspect...

They only feel...

The exit of his sword.

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.ssmma.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



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

7th and 8th of February 2009 - Denmark

On the 7th and 8th of February I'll be teaching a weekend of seminars in Denmark! On Saturday the 7th I'll be teaching from 10:00 to 15:00 (with lunch break) at Kildeskovshallen, Adolfsvej 25, 2820 Gentofte, Copenhagen. On Sunday the 8th I'll again be teaching from 10:00 to 15:00 at Idrættens hus, Willy Sørensens Plads 5, 7100 Vejle. The price is kr. 200 each day for all those paying in advance, and kr. 250 per day for all those paying on the day of the seminar. Please send name, rank and club name to Jean Sørensen via jean@shotokan.dk when booking. Please transfer the fee to the following bank account Reg. 4772, Account nr. 2765934. Or via giro nr: 2765934

21st February 2009 - Thornaby, Stockton On Tees, Cleveland

This seminar will take place from 12:00pm to 5:00pm and will be held in the Harewood Space Sports and Arts, Robert Atkinson Centre, Thorntree Road, Thornaby, Stockton On Tees, Cleveland, TS17 8AP. The cost of the seminar is £20 (full amount or a £10 deposit secures your place). Cheques should be made payable to "Taisho-Do Karate" and sent to Mark Raistrick, 7 Clarendon Road, Thornaby, Stockton-on-Tees, Cleveland, TS17 8JQ. Mark can also be contacted on 07912619458 or Taishodo@aol.com for further details.

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 cover the two-man compliant and semi-compliant drills Iain teaches as the link between solo kata and its live combative use. The course will include drills from a number of kata with the aim being to show all those in attendance how they can create their own drills from kata. No prior knowledge of kata bunkai is needed. The seminar will be held at the NEW dojo: Plum Lane (end of), Dunwear, Bridgwater, Somerset, TA6 5HL. For further information please contact Andrew Daly at bridgwaterwado@tiscali.co.uk You can also call Andrew on 01278 685559 or 07500847121. To secure your place, send a cheque for the full amount made payable to "Andrew Daly" to 47 Rowlands Rise, Puriton, Somerset, TA7 8BU. www.bushi.org.uk

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

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

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Got an event happening? Let us know and we'll display it here.

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Free Martial Arts E-Books and newsletters

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

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

E-books from Sensei Iain Abernethy

Get Sensei Abernethy's Newsletter in PDF at www.iainabernethy.com/news_page.asp

The Martial Minute Newsletter

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

Subscription Link: www.westseattlekarate.com/resources/newsletter.html

Matthew Sylvester's Practical Taekwondo Newsletter

A message from Matthew: *Hi All,*

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

If you're interested in practical martial arts, and want to see how patterns can be applied on the street, or examined in the dojo then this is the newsletter for you. Future subjects will also cover OODA Loop drills, Scenario-based drills for civilians and front line personnel such as Door Supervisors and a number of other topics that will seek to aid and inform.

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

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

Comprehensive Karate FREE E-Book - http://www.iainabernethy.com/Comprehensive_Karate_Michael_Rosenbaum.asp
by Michael Rosenbaum

The Society of Applied Traditional Martial Arts

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

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 iainabernathy.com

<http://stores.lulu.com/lawson>

Martial Arts Festival UK (FREE Iain Abernethy workshop)

Information provided by iainabernathy.com

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

Free Practical TKD Newsletters

Information provided by iainabernathy.com

<http://www.practical-martial-arts.co.uk/cgi-bin/maillinglist/mail.cgi/list/ptkdnews/>

BRINGING THE MARTIAL ARTS TO THE MARTIAL ARTIST and fans

Free Martial Arts e-books on http://www.lancientwon.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...
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Fight Video Game, News, Reviews and Forums

Get the Latest Playstation 3 Game Reviews and News at <http://www.vgcity.com/main/ps3.html>

Get the Latest PSP Game Reviews and News at <http://www.vgcity.com/main/psp.html>

Get the Latest XBX 360 Game Reviews and News at <http://www.vgcity.com/main/x360.html>

Get the Latest GameBoy Advance Game Reviews and News at <http://www.vgcity.com/main/psp.html>

Feature: Big Shared Screen Multiplayer Gaming at http://www.gamasutra.com/php-bin/news_index.php?story=18499

Pivot3 to Demonstrate High-Definition Storage Solution At Southern Gaming Summit 2008
at <http://www.datastorageconnection.com/article.mvc/Pivot3-High-Definition-Storage-0002?atc=c=771+s=773+r=001+l=a&VNETCOOKIE=NO>

Gaming Stocks: 5 Things Investors Need to Know at <http://biz.yahoo.com/cnbc/080505/24428896.html?v=1>

Video game review: 'Grand Theft Auto IV' immerses gamers like never before at <http://www.thenorthwestern.com/apps/pbcs.dll/article?AID=/20080505/OSH02/80504058>

Martial Arts Radio and Podcasts

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-The Action Martial Arts Magazine Radio Show- Restaurant Talk

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cooking experts

The Dominique Zaino Show

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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/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

Cynthia Rothrock - The Queen of Martial Arts Film

Cynthia Rothrock - Showcase at http://lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_showcase.html

Cynthia Rothrock - from the Top Fighter Video at http://lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_from_the_Top_Fighter_Video.html

Karate Tiger 2 - Cynthia Rothrock vs Hwang Jang Lee at http://www.lancientwon.com/media/noway_theatre/Dec_08/Karate_Tiger_2_Cynthia_Rothrock_vs_Hwang_Jang_Lee.html

Cynthia Rothrock-Blonde Fury 3 at http://www.lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_Blonde_Fury_3.html

Rothrock vs Norton at http://www.lancientwon.com/media/noway_theatre/Dec_08/Rothrock_vs_Norton.html

Lady Dragon CZ.1 at http://www.lancientwon.com/media/noway_theatre/Dec_08/Lady_Dragon_cz1.html

Cynthia Rothrock - China O'Brien at http://www.lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_China_O'Brien.html

Cynthia Rothrock -Righting Wrongs at http://lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_Righting_Wrongs.html

Cynthia Rothrock in Magic Crystal finale showdown at http://www.lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_in_Magic_Crystal_finance_showdown.html

Fighting Beauty - Women in Action 2 at http://www.lancientwon.com/media/noway_theatre/Dec_08/Fighting_Beauty_Women_in_Action_2.html

Cynthia Rothrock Demo at a Kickboxing Gala at http://www.lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_Demo_at_a_Kickboxing_Gala.html

Yukari Oshima Michiko Nishiwaki Cynthia Rothrock Kathy Long at http://www.lancientwon.com/media/noway_theatre/Dec_08/Yukari_Oshima_Michiko_Nishiwaki_Cynthia_Rothrock_Kathy_Long.html

Best of - Cynthia Rothrock, Sammo Hung and others at http://www.lancientwon.com/media/noway_theatre/Dec_08/Best_of_Cynthia_Rothrock_Sammo_Hung_and_others.html

Prince of the Sun - Cynthia Rothrock vs. Jeff Falcon at http://www.lancientwon.com/media/noway_theatre/Dec_08/Prince_of_the_Sun_Cynthia_Rothrock_vs_Jeff_Falcon.html

Rothrock kicking ass at http://www.lancientwon.com/media/noway_theatre/Dec_08/Cynthia_Rothrock_kicking_ass.html

Cynthia Rothrock - Martial Combat - The Steel Whip at <http://www.youtube.com/watch?v=LqMxcUokXQo>

Cynthia Rothrock - Martial Combat - The Staff at <http://www.youtube.com/watch?v=3yiiNBd2T-w&feature=related>

Professor Jerry Beasley at Karate College

Vid 1 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_1.html

Vid 2 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_2.html

Vid 3 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_3.html

Vid 4 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_4.html

Vid 5 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_5.html

Vid 6 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_6.html

Vid 7 - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_7.html

The Jab - http://www.lancientwon.com/media/noway_theatre/Dec_08/Jerry_Beasley_at_Karate_College_the_jab.html

Karate - http://lancientwon.com/media/noway_theatre/Dec_08/Dr_Jerry_Beasley_Karate_1992.html



www.nowaynetmagazine.com

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

Cynthia Rothrock

<http://www.cynthiarothrock.org/CYNMAINPAGE.jpg>
http://www.ericlee.com/Action%20Photo%20Gallery%20-%20Page%20%20of%203_files/eric-lee-cynthia-rothrock-shorty.jpg
<http://www.cynthiarothrock.be/wallpapers.htm>
<http://www.hkcinemagic.com/fr/gallery.asp?fid=4708&pid=228&type=1&id=12786>
[http://www.questmedia.net/images/Cynthia%20Rothrock%20\(2%20SHOT\).jpg](http://www.questmedia.net/images/Cynthia%20Rothrock%20(2%20SHOT).jpg)
<http://i61.photobucket.com/albums/h45/misslawn/2004-04-18-01.jpg>
<http://www.blackbeltinternational.co.uk/images/photo152.jpg>
<http://www.fightingarts.com/reading/article.php?id=596>
<http://www.regenttour.com/feedback/2005/cynthia.jpg>
<http://www.firefallproductions.com/images/CynthiaRichard.jpg>
<http://www.george-fernandez.com/Me&cynthiarothrock.jpg>
<http://www.jungleintrigue.com/jungle/autosb.html>
<http://www.jungleintrigue.com/jungle/autosp.html>
<http://www.jungleintrigue.com/jungle/autost.html>
<http://www.hkfilm.net/rothrock.jpg>
<http://www.ironpalm.com/luigi2.jpg>
http://www.akkfmembers.com/c_and_don_op_800x533.jpg

Dr. Jerry Beasley

<http://www.usadojo.com/Images/jerry-beasley.jpg>
<http://i68.photobucket.com/albums/i2/tda-pics/2008/03/KK2008.jpg>
http://www.radford.edu/rumag/backissues/2003_s/images/beasley_sm.jpg
http://www.juntak.com/photos/bintang/jerry_beasley_phd_one.jpg
http://www.juntak.com/photos/bintang/jerry_beasley_phd_two.jpg
http://www.americancougar.net/Beasley1_EJTIw.jpg
<http://i141.dqph.com/nathan.teodoro/SQXAtWOp8cI/AAAAAAAABeM/AS1CyEUA-Fk/KC2008%2007815B4%5D.jpg>
<http://martialartsites.com/gary/11-2-2005-11.jpg>
<http://www.chunjido.com/images/friendslegends/beasley.jpg>
<http://www.kwoonofjeetkunedo.com/images/jerry%20beasley.jpg>
http://eshe-web.asp.radford.edu/Faculty/Beasley_files/image002.gif

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-Bomani/dp/1412003670/ref=sr_1_4?ie=UTF8&qid=1192736498&srs=1

LINK



More Photos

Chuck Norris

<http://mysitetinksbutyoursiscool.com/wp-content/uploads/2007/01/chuck-norris-album1.jpg>
<http://www.gavetafilmes.com.br/chucknorrislevandomuitaporrada/>
http://adumxtras.com/images/pictures/chuck_norris_random_fact_generator_6_3957_2224_image_2578.jpg
http://www.sziget.hu/_site/img/vox/200602/egyeb/chuck_norris4.jpg
<http://artfiles.art.com/images/-/Bruce-Lee-Chuck-Norris-Photograph-C10104075.jpeg>
http://www.uknet.com/showcase/Signedpics/chuck_norris1.sized.jpg
<http://artfiles.art.com/images/-/Chuck-Norris-Walker-Texas-Ranger-Photograph-C10030820.jpeg>
<http://a1259.g.akamai.net/6/1259/5586/1d/images.art.com/images/-/Chuck-Norris-Photograph-C10052479.jpeg>
http://boortz.com/images/funny/fark_chuck_norris_dog.jpg
http://www.gallien.org/serendipity/uploads/chuck_norris.jpg
http://sothathappened.typepad.com/main/images/chuck_norris.jpg
http://www.gran-angular.net/wp-content/images/e1/carta_chuck.JPG
<http://images.art.com/images/-/Chuck-Norris--C10039396.jpeg>

Ramon Dekkers

<http://www.defcross.be/Front%20Page%20DCT/Filmstrip%20Large/Ramon-Dekkers.jpg>
http://www.fightingmaster.com/legends/dekkers/images/dekkers_kapadoukakis1.jpg
http://www.fightingmaster.com/legends/dekkers/images/dekkers_kapadoukakis3.jpg
http://www.fightingmaster.com/legends/dekkers/images/rob_ramon_hemmers.jpg
<http://www.ironmikezambidis.com/images/pages/Training4.jpg>
<http://www.canadianmuaythai.com/dekker.html>
<http://i68.photobucket.com/albums/i2/da-pics/2007/12/02a05e12.jpg>
<http://www.muaythaionline.org/images/mungkorndamjune2006/front.jpg>
http://www.fightingmaster.com/legends/dekkers/best_fights/prestia2/dekkers_prestia.jpg
<http://img54.imageshack.us/img54/4458/mtdekkershemmers17xb.jpg>
<http://img402.imageshack.us/img402/8654/img005zc0.jpg>
<http://img409.imageshack.us/img409/7548/img008yo7.jpg>
http://www.fightingmaster.com/legends/dekkers/images/dekkers_kapadoukakis2.jpg

Benny the Jet

<http://www.martial-arts-network.com/wesley/11.jpg>
<http://www.martial-arts-network.com/wesley/1.jpg>
<http://www.ckiusa.com/cki-image/bj%20photo.jpg>
[http://www.kikbox.co.uk/Sept2005\(02\).gif](http://www.kikbox.co.uk/Sept2005(02).gif)
<http://www.snakekungfu.com/DFest10.jpg>
<http://bltstore.com/main/images/books/king.jpg>

Grandmaster Jeff Smith

<http://www.martialarts-mastermind.com/images/three.gif>
http://www.milehighkarate.com/images/board_directors.jpg
<http://www.usadojo.com/Images/stephen-oliver/kerik-smith.jpg>
http://www.martialarts-mastermind.com/images/smith_72.gif
http://www.martialarts-mastermind.com/images/smith_76.gif
<http://www.martialarts-mastermind.com/images/smith+88.gif>

The Street Fighter

<http://www.asiateca.net/wp-content/uploads/2007/02/sonny4.jpg>
<http://img85.imageshack.us/img85/5268/golqol3kowloonassimnmenhp1.jpg>

More Photos

Jhoon Rhee

http://www.santamariaskarate.com/PG/M_Rhee-frontkick.jpg
<http://www.dojo.com/blog/wp-content/uploads/2008/01/pose.jpg>
<http://www.santamariaskarate.com/images/img19.jpg>
http://home.svbelt.net/ambibelt/Steen2000/images/Norris_Rhee_Wallace_Ritchie_Moon.jpg
http://www.dowck.us/page/ineage/i_rhee.jpg
<http://www.netexpress.net/~spelliou/images/KimChuck.gif>
<http://taekwondo-webs.com/Mounir%20Chrawi%20Taekwondo%20Grandmaster%20Jhoon%20Rhee.JPG>
<http://www.awfulcommercials.com/stills/bothers-me.jpg>
http://i52.photobucket.com/albums/q14/WP_KARS/KASCON%2006/k0056.jpg

Grandmaster Jeff Smith

<http://www.martialarts-mastermind.com/images/three.gif>
http://www.milehighkarate.com/images/board_directors.jpg
<http://www.usadojo.com/Images/stephen-oliver/kerik-smith.jpg>
http://www.martialarts-mastermind.com/images/smith_72.gif
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<http://www.martialarts-mastermind.com/images/smith+88.gif>

Chinese Connection

http://www.bruce-lee.com/brucelee-movies/chinese_connection1.jpg
<http://home.coqui.net/jlromang/bruchco.jpg>
<http://home.coqui.net/jlromang/bruchico.jpg>
<http://www.librarising.com/astrology/celebs/images2/B/brucelee3.jpg>

Enter the Dragon

http://www.filmreference.com/images/siff_03_img1185.jpg
http://www.lovehkfilm.com/panasia/a16293/enter_the_dragon.jpg
<http://991.com/newGallery/Bruce-Lee-Enter-The-Dragon-369017.jpg>
http://www.ocf.berkeley.edu/~chenj/brucelee/images/enter_the_dragon4.jpg

Kung Fu TV Series

<http://www.laughingsage.com/images/kwaichang5.jpg>
<http://www.veggiedude.com/kungfu/images/kwaichang.jpg>
http://images.allposters.com/images/77/039_44363.jpg
<http://www.lionheartsecurity.ca/images/carradine.jpg>
http://starshipaurora.com/images/kung_fu_caine.jpg

The Karate Kid

http://img2.timeinc.net/ew/dynamic/imgs/070409/karate_1.jpg
http://snarkerati.com/movie-news/files/2007/12/karate_kid.jpg
<http://spencerpeet.files.wordpress.com/2007/10/karate-kid-pic1.jpg>
<http://apudgeisasandwich.files.wordpress.com/2008/03/karate-kid.jpg>
http://www.wallpaperbase.com/wallpapers/movie/thekaratekid/the_karate_kid_1.jpg
http://i16.photobucket.com/albums/b24/abba_zabba00/nomercy.jpg
<http://www.classicmoviekids.com/images/m/macchio/macchioralph4279.jpg>

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