

BLITZ

AUSTRALIAN MARTIAL ARTS MAG

Karate's hard lessons
with Mike Clarke

Internal Power
Chen tai chi master Zhu Tian Cai

Crossing Hands with Masters

A kung fu journey into China



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UFC & K-1 news

Magazine vs Knife
Improvise to beat the blade

NO-BULL AIKIDO

Master Moves of Muay Thai
Fairtex champions show you how

The art of Ki Fusion & why Bob Jones is doing it

Extreme NAS Action
National All Styles' Australian Championships hit Melbourne

Defender of Bakbakan
Filipino blade-master Christopher Ricketts

World-Class Karate-ka
8th Dan master Leo Lipinski Shihan



Morelli blitzes Monash Kickboxing

Blitz publisher Shihan Silvio Morelli shared his wealth of martial arts knowledge and experience at a recent seminar hosted by Kacey Chong of Melbourne's Monash University Kickboxing Club and Robert Halajjian of the AIM Academy.

The seminar, held at Monash Clayton Campus in late November, was structured in two parts, the first covering body-conditioning, progressive defensive and offensive 'blitzes', as well as fighting strategies. Students were put through their paces with physically and mentally challenging drills, drawn from Morelli's experiences with world-renowned kickboxers Benny 'The Jet' Urquidez, Pete Cunningham and Bill 'Superfoot' Wallace.

Seminar participants on the receiving end of Shihan Morelli's 'blitzes' were impressed with the speed, power and precision of his hand skills and kicks.

"Silvio is without a doubt the complete martial artist," said Robert Halajjian, Chief Instructor of the AIM Academy. "Sure, he can kick fast and hit hard, and yes, he likes to get as good as he gives ... but talk about 'been there and done that'. He has a lot to share and share, he does."

The latter part of the seminar centred on mind-programming for success, with Shihan Morelli drawing from his personal experiences to teach students how to create action plans through goal-setting skills, creative visualisation and meditation techniques.

"Silvio is genuinely interested in helping the next generation of martial artists achieve their aspirations," said Kacey Chong, Chief Instructor of the Monash University Kickboxing Club. "The most profound lesson I learnt from him is that to change your external circumstances, you must first transform yourself from within."

Morelli and Chong spar



Jim Wagner brings reality to Adelaide

World-renowned instructor of reality-based self-defence and *Black Belt* magazine columnist Jim Wagner will visit Adelaide for seminars this month. Wagner will be hosted by his Australian representative, *Blitz* fitness expert Matt Jones.

Wagner, *Black Belt* magazine's Self-Defence Instructor of the Year for 2006, has served as a prison guard, police officer, SWAT officer,

soldier and Special Agent for the US Federal Government, and has trained everyone from Israeli and German Special Forces to the London Metro Police. Wagner and Jones will be running an Instructor Certification Course and a regular student course from 19 to 23 February.

For more information, contact Matt Jones at info@isohealth.com.au or on 08 8234 5944.

Guimaraes: cage king!

ROOTS BJJ Head Instructor and 2003 Black-belt BJJ World Cup Champion Prof. Paulo Guimaraes made his Mixed Martial Arts (MMA) debut in Australia at the King Of The Cage (KOTC) show on 1 December at Sydney's Penrith Panthers complex.

The fight, against kickboxer Daniel Collins in the under-85kg category, came just three months after Guimaraes won a bronze medal in Brazil at the Masters World Championships.

Guimaraes had three previous MMA fights in Brazil in the early 1990s, but since then has been fighting only in BJJ tournaments and no-gi submission-grappling competitions. However, the 39-year-old said he was prepared for the stoush.

"For this fight I had to do two months of hard training on the ground with punches, and a lot of boxing to improve my stand-up game and tune the distance," said Guimaraes.

The training paid off, with the fight taking just 29 seconds, with little of that time standing. Guimaraes closed the distance quickly in the first seconds, avoiding Collins' punches and kicks, and taking the kickboxer down to side-control. Collin's had head-locked Guimaraes on the way down but the Brazilian went straight to the mount position to escape the lock. When Collin's turned on his stomach to avoid Guimaraes' punches, the BJJ master slipped onto Collins' back and applied a *mata-leao* (rear-naked choke) to submit his opponent and claim his first victory in the KOTC.



Guimaraes focuses before the fight