



THE MODERN WARRIOR PROGRAM

The Modern Warrior

The Modern Warrior program was developed for today's active combative needs. The program has many different areas of focus and training with a number of specialized courses based on the class and its needs. Some of the core skills of the Modern Warrior program can be learned in our general programs, while others are only taught in clinic & seminar settings.

The Modern Warrior is not a sport based program like "MMA"! This is an active combative program with skill sets for Law Enforcement, General Military, Special Operations, Personal Self-Defense.

Below are the styles and

skills that make up
The Modern Warrior

Tae Kwon Do ~ Powerful Kicking skills with speed, balance & stamina.

Muay Thai ~ Combative striking combinations designed to deliver maximum trauma in the shortest time period.

Judo ~ Close ranged grappling skills for defensive needs as well as take downs, controls and finishing skills.

Escrima ~ Jungle base fighting system that focuses on the use of sticks and bladed weapons at different encounter ranges. This completes the Modern Warrior program by developing the skills to use personal weap-

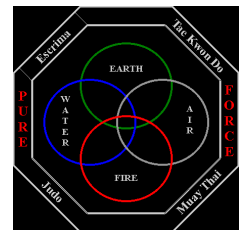
ons as well as weapons of opportunity.

Training Opportunities;

Tae Kwon Do, Muay Thai & Escrima Skill sets can be learned during the general classes offered weekly at the Pure Force Dojo.

The Judo skills are lightly touched on during these classes as well.

The full Modern Warrior program can also be learned through workshops..ie clinics and seminars.



PURE FORCE STUDENT OF THE MONTH

The Instructor of the Quarter is an award given for hard work in the dojo and out of the dojo. We look for many things; effort in class, respect, practice, improvement, good grades in school or good working habits at work, commitment to your training, the example of the dojo tenets &

commandments. We also look for any additional extra efforts like volunteer work and community events. At the end of the year all Instructors of the Quarter award winners will be entered for Instructor of the Year. The IOTY award comes with a new equipment package for the instructor.

The Instructor of the Quarter for Quarter One 2010 is James "Mr. Jim" Lizarraga, "Mr. Jim" is one of the Instructors for Mon & Wed classes.

SPECIAL POINTS OF INTEREST:

- Disneyland events
- Student of the month
- Kicks & Tricks Kicking Technique
- General Choi

Here are a few things that were happening in martial arts 100 yrs ago.

1910 - Korea was annexed by [Japan](#) in **1910**. Every aspect of the **martial arts** in [Korea](#) underwent an extremely serious crisis and the entire **martial arts** tradition began to disappear. It was indeed the darkest hour in the long **history** of Korean military **arts**. During the 36 ...Korea was annexed by [Japan](#) in **1910**. Every aspect of the **martial arts** in [Korea](#) underwent an extremely serious crisis and the entire **martial arts** tradition began to disappear. It was indeed the darkest hour in the long **history** of Korean military **arts**. During the 36 years of the Japanese occupation of Korea, practically the life span of a whole generation lost its freedom and identity.

1910 - Circa **1910**, **martial arts** were made a standard part of school curricula in Japan. Meiji era creations such as judo, kendo, kyudo, were entered into the public school system, based on the techniques and practices of the earlier ryuha. This was logical; the ryuha ...Circa **1910**, **martial arts** were made a standard part of school curricula in Japan. Meiji era creations such as judo, kendo, kyudo, were entered into the public school system, based on the techniques and practices of the earlier ryuha. This was logical; the ryuha promoted loyalty to themselves and to their family line, while the government was interested in promoting loyalty to the State. And yet, **martial arts** practices were "traded" into these new institutions

1910 - Formed in Shanghai, China in **1910**, the [Chin Woo Athletic Association](#) is the second largest umbrella organisation for [Chinese](#)

martial arts in the world today. It is the only non-government funded international organisation with a focus on Traditional Chinese ...Formed in Shanghai, China in **1910**, the [Chin Woo Athletic Association](#) is the second largest umbrella organisation for [Chinese martial arts](#) in the world today. It is the only non-government funded international organisation with a focus on Traditional Chinese **Martial Arts** and it has over 56 branches in 35 countries covering 5 continents. Chin-Woo Athletic Association of New Zealand aims to promote Traditional Chinese **Martial Arts** and culture in New Zealand.

1910 - Florendo M. Visitacion—better known as "Professor Vee"—was born in the Philippines in **1910**. He began training in arnis (Filipino stick fighting) at age ten and continued to practice Filipino **martial arts** throughout his life. He joined the US Army during World ...Florendo M. Visitacion—better known as "Professor Vee"—was born in the Philippines in **1910**. He began training in arnis (Filipino stick fighting) at age ten and continued to practice Filipino **martial arts** throughout his life. He joined the US Army during World War II and became intrigued by the officers' hand to hand combat course, which represented a combination of styles from different countries. The idea of integrating techniques from a variety of **martial arts** appealed

1910 - In **1910 martial arts** instructor Mitsuyo Maeda traveled from the Kodokan in Japan to Brazil to educate people about Judo. To promote his style he

took on many local fighters who used Capoeira and other **martial arts** and defeated them all in hand to hand combat. In **1910 martial arts** instructor Mitsuyo Maeda traveled from the Kodokan in Japan to Brazil to educate people about Judo. To promote his style he took on many local fighters who used Capoeira and other **martial arts** and defeated them all in hand to hand combat. The Gracie family was so impressed they asked to learn Judo and Jujitsu from Maeda. What they learned would later evolve into Brazilian Jiu Jitsu. Though the Gracie family had many dedicated students, Capoeira remained

1910 - Imrich Sde-or (Imi Lichtenfeld) born in Budapest in **1910**, [Imi](#) grew up in environment where sports, law and education were respected. Imi was encouraged by his father to engage in a wide range of sports, including **martial arts**. As told, development of the state of Israel and the need for the Israeli military to protect its country in one of the worlds most hostile areas, gave base for creating Krav Maga. Imrich Sde-or (Imi Lichtenfeld) born in Budapest in **1910**, [Imi](#) grew up in environment where sports, law and education were respected. Imi was encouraged by his father to engage in a wide range of sports, including **martial arts**.

WHATS GOING ON?

Mixed martial arts for Olympics? UFC execs hope so, but won't push the cause

By THE ASSOCIATED PRESS (CP) - 18 hours ago
 SYDNEY, Australia — Ultimate Fighting Championship executives say they'd support a move for mixed martial arts to become an Olympic sport.

UFC president Dana White, in Sydney ahead of Sunday's sold-out UFC 110 at Acer Arena, said while his company would not actively lobby the International Olympic Committee, he would support their inclusion in the games.

Although UFC matches feature caged fighting, the different disciplines of mixed martial arts - boxing, wrestling, taekwondo and judo - feature in the Olympics as individual events.

"It would be a huge benefit to us if mixed martial arts became an Olympic sport," White said. "It would create instant awareness around the world, and it would be huge.

"I would support it 100 per cent. I personally am not out there trying to get mixed martial arts as

an Olympic sport ... but if it popped and they said, 'Yes, we're thinking about it,' I would go guns ablazing and try to make it happen."

The UFC's first show in Australia sold out 16,500 tickets within four hours in December, despite the card not having been announced. White also told local media in stories published Friday that Australia could become an annual stop on the UFC tour.

The only venue to sell out faster, according to the UFC, was UFC 83 in Montreal in April 2008, when 21,390 attended the Bell Centre.

Sunday's event in Sydney will be headlined by a heavyweight bout between veteran Antonio Rodrigo Nogueira and Cain Velasquez and a middleweight clash between Wanderlei Silva and Michael Bisping.

Former UFC heavyweight Nogueira, a Brazilian who has a jiu-jitsu black belt, has a record of 32-5-1. Velasquez, a 27-year-old Californian, is 7-0 and has beaten all but one opponent inside the distance. Silva, with a record of 32-10-1, won the PRIDE world champi-

onship in Japan for five years in a row. Bisping, 19-2, was the UFC's winner in its third season.

An undercard bout between Elvis Sinosic and Chris Haseman will be the first all-Australian bout to take place in the UFC.

Mr. Jim Lizarraga
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MARTIAL ARTS PROFILE OF THE MONTH

Choi was born on 9 November 1918 in Hwa Dae, Myŏngch'ŏn county, in what is now North Korea. Choi's father sent him to study calligraphy under Han Il Dong, who was also "a master of Taek Kyon, the ancient Korean art of foot fighting" (Park, 1993, p. 241). Choi travelled to Japan, where he studied English, mathematics, and karate. In Kyoto, he met a fellow Korean with the surname Kim, who was a karate instructor and taught Choi this martial art. Choi also learned shoto-kan karate under Funakoshi Gichin. Just before he had left Korea, Choi had apparently had a disagreement with a wrestler named Hu, and the possibility of a future confrontation inspired him to train hard; in his own words, "I would imagine that these were the techniques I would use to defend myself against the wrestler, Mr. Hu, if he did attempt to carry out his promise to tear me limb from limb when I eventually returned to Korea" (Park, 1993, p. 242).

Choi attained the rank of 1st *dan* in karate in 1939, and then 2nd *dan* soon after.

Choi stated he combined elements of taekkyeon and karate to develop a martial art that he called "Taekwon-Do" which means "foot, hand, art" or "the art of hand and foot" and it was so named on 11 April 1955. Choi founded the Oh Do Kwan, and held an honorary 4th *dan* ranking in the Chung Do Kwan. Due to accusations of dishonesty, Choi was stripped of his rank and position in the Chung Do Kwan. During the 1960s, Choi and Tae Hi Nam led the original masters of taekwondo in promoting their martial art around the world, though these would be only the first of many such endeavours. ITF taekwondo organizations credit Choi with starting the spread of taekwondo internationally by stationing Korean taekwondo instructors around the world, and have consistently claimed that ITF-style taekwondo is the only authentic

style of taekwondo, most notably in early sections of its textbooks. He was also the author of the first English taekwondo syllabus book, *Taekwon-Do*, published by Daeha Publication Company in 1965.

ITF Taekwondo is a martial art that was developed by Choi Hong-Hee who himself conducted a good R&D after he had learned taekkyeon and Karate. But, later on, he included 24 different Korean historical training system such as Chunji, Dangun, and Dosan to establish Sine-Wave theory which can be applied to every technique and create his own unique martial art system.

In 1972, Choi went into exile in Canada and the South Korean government formed the World Taekwondo Federation (WTF) in 1973. He was based in Toronto until he returned to North Korea in 2000.

