

www.societyofmartialarts.com

presents a feature article from Blitz martial arts magazine Vol 23 No 3 (March 2009):

Steve Miranda, Professor

AUSTRALIA'S #1 MARTIAL ARTS MAGAZINE



AUSTRALASIAN MARTIAL ARTS MAGAZINE



Vol. 23 No. 3
AUS. \$8.95 Inc. GST
NZ. \$10.50 Inc. GST

**Who Owns
Oyama's Legacy?**
The Kyokushin
controversy continues

**The Future of
Street Survival**
Senshido melds
mind, skill & spirit

**KUNG FU
Meets Systema**
A master compares
fighting arts

**Black-belt
Journeys**
BJJ: no grading,
just punishment!

**HARDCORE
KARATE**
Are you man
enough for the
makiwara?

JIU-JITSU JUGGERNAUT

**Marcelo Rezende: Cross-training
professional sportsmen in BJJ**

PLUS

- + Dan Inosanto's Filipino Boxing
- + Wing Chun power training
- + How to do the splits

BLITZ PUBLICATIONS



www.sportzblitz.net

CONTENTS

MARCH 2009 VOL. 23 ISSUE 3

REGULARS



EDITORIAL 9
Silvio Morelli on how to make your comeback to training.

BLITZ & PIECES 10
NEWS, EVENTS & GIVEAWAYS 10
MARTIAL MOVIES 16
MARTIAL ARTS GEAR 18

MARTIAL MINDS 20
THE TACTICAL APPROACH 20
Graham Kuerschner looks at the often misunderstood 'freeze response' to danger.

FIVE MINUTES WITH... 23
Kyoshi James Sumarac compares internal kung fu with Russian Systema.

ASK AN EXPERT 96
Fitness expert Matt Jones explains how you too can learn to do the splits.

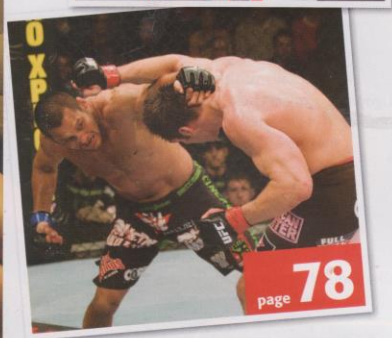
THE LAST WORD 98
John Will on following your dreams to a fulfilling future.

ON THE MAT 55
TECHNIQUE WORKSHOP 55
Four instructors' defences against a leg-kick.

DRILL OF THE MONTH 60
Danilo Hajdukovic with an ancient kung fu strength drill.

POWER BY PAVEL 62
Pavel Tsatsouline offers some killer isometric workouts to increase your power.

FULL CONTACT 78
MMA NEWS 78
Mixed Martial Arts wrap-up



6 BLITZ Magazine

BLITZ

AUSTRALASIAN MARTIAL ARTS MAGAZINE

Publisher
Silvio Morelli

General Manager
Mark Castagnini

Managing Editor
Ben Stone

Editorial Director
Ben Stone
ben@blitzmag.com.au

Editorial Assistant
Jarrah Loh

Art Director
Javie D'Souza

Graphic Designers
Carmela D'Alesio, Adam Summers,
Luke McManus, Adibowo Rusli,
James Steer, Kristy Bird

Advertising Enquiries
Tyson Sakipon
National Advertising Manager
Ph: (03) 9574 8999
Fax: (03) 9574 8899
Email: tyson@blitzmag.com.au

Contributors
Mike Clarke, Matt Jones
Graham Kuerschner, Darryl Leech
Clint Morris, Adam Stanecki
John B. Will

Photographers
Charlie Suriano
Clive Girdham
John O'Neill

Cover photo: Marcelo Rezende
By Clive Girdham

Blitz magazine is published
by Blitz Publications
Pty Ltd ACN 083 149 286

Printed by

GRAPHIC
IMPRESSIONS

TOTAL PRINT SOLUTIONS

Ph: (03) 9574 9211

WE ARE CONTACTABLE
By Phone: (03) 9574 8460
By Fax: (03) 9574 8899
P.O. Box 4075,
Mulgrave, 3170
Email: customerservice@blitzmag.com.au
Web: www.sportblitz.net

Disclaimer:

Opinions and viewpoints expressed in Blitz do not necessarily represent those of the editor, staff or publishers. Responsible instructors, individuals or organisations with something valid and relevant to say will, whenever possible, be given the opportunity. Reproduction of any material without written permission from the publishers is strictly prohibited.

The acceptance of advertising does not necessarily imply endorsement of services or products. All articles, photographs and other material submitted for publication in Blitz must be accompanied by a stamped, self-addressed envelope. Contributions are submitted at the sender's risk and while all possible care will be exercised we cannot accept responsibility for loss.



NATIONAL KARATE ACADEMIES™



Teaching the tried and proven Zen Do Ryu martial art system. Since 1993.

National Karate Academies has a modern approach with twenty two academies in South Australia and an academy in Murrumbateman NSW. Hundreds of students training every week.

Why not phone and become am part of this exciting organization?



To find an academy in your area »

Call now »0437 523 913 »www.nationalkarate.com.au

Seriously Great Martial Arts™

technique workshop with Steven Miranda



On the mat

LEARN THE INVISIBLE MASTER KUNG FU CONCEPT

DEFENCE AGAINST A LOW ROUNDHOUSE-KICK: ZEN DO RYU KARATE

STEVEN MIRANDA

Founder and Chief Instructor of the National Karate Academies and the Zen Do Ryu system, Professor Steven Miranda is an experienced instructor in many different styles of martial arts. He holds Black-belts in judo, silat, taekwondo, kung fu and several styles of jujitsu and karate, including a 4th Dan in Bob Jones' Zen Do Kai system. He considers himself a true freestylist with a traditional background.

Having trained in the martial arts for over 40 years – since starting judo at the age of six – Professor Miranda was graded to 8th Degree Black-belt in 2008 by the Australian Martial Arts Association.

When asked about his martial arts influences, Miranda says: "The most influential [instructor] was my first judo instructor, Bill Fenton. He passed away about three years ago – he was my mentor."

A winner of many Australian National All Styles titles, Miranda and his team retired undefeated from competition in the late 1990s. With 23 schools and over 1000 students, there's little doubt that this Adelaide-based master will continue to be a formidable force in Australian martial arts. He remains a popular keynote speaker and is widely recognised in the martial arts community, having also trained and taught at seminars in the United States, Melbourne, Sydney, Adelaide and Gold Coast.



1 Prof. Miranda squares off against his attacker (Kyoshi Gregg Braun), who is entering striking range.



2 As Braun faints a jab and launches a thigh-kick, Miranda moves and jams the kick with a leg-check.



3 Miranda then palm-heel strikes Braun under the jaw and rakes down over his eyes, which brings the attacker forward...



4 ...and off balance. As he's bent over, Miranda executes a knee-kick to the attacker's pelvic area.



5 Holding the attacker's head to maintain control, Miranda strikes the attacker on the side of the neck with his forearm...



6 ...then grabs the attacker's ear and twists as he loads up for an overhand neck-strike.



7 ...which he drives into the back of the neck, while still holding the ear with his other hand.



8 As the attacker falls to the ground, Miranda looks around and readies himself for any further attackers.

SOMA can provide training, tournaments, gradings (after a qualifying period and assessment) and a whole host of other benefits. For more information about how you or your martial arts organisation can join the **Society of Martial Arts** please contact admin@societyofmartialarts.com