www.societyofmartialarts.com presents a feature article from Blitz martial arts magazine Vol 25 No 01 (January 2011):

Steve Miranda – Professor
# January 2011 Vol. 25 Issue 01

## Regulars

- **Editorial** 8
- **Blitz & Pieces** 10
- **Martial Arts Gear** 16
- **Martial Movies** 20

### Martial Minds

- **Five Minutes With...** 22
  - Australian Kazakh Kureish champion Will Loebis-Arnort

### Fightin’ Words

- **Instructors debate the worth of high Dan-grades**

### Ask an Expert

- **James Sumarac talks about chi and how to prove it exists**

### The Tactical Approach

- **Graham Kuerschner examines information overload in training**

### The Last Word

- **John Will discusses how to maintain longevity in martial arts**

### On the Mat

- **Technique Workshop** 52
  - Defence techniques against a static knife threat

### Drill of the Month

- **A street-style drill to train explosivity and continuous striking**

### The Burn

- **Advice from strength training expert Andrew Read**

### Full Contact

- **Fight Life** 76
  - An interview with MMA fighter Manuel Rodriguez

### MMA News

- **Mixed Martial Arts wrap-up** 79
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