



# CHAPTER 1

## OUR WING CHUN LINEAGE & MARTIAL ARTS HISTORY

IN THE IP MAN SCHOOL OF WING CHUN, THERE WAS A MARBLE CARVING CONTAINING THE 10 RULES OF HIS WING CHUN ATHLETIC SOCIETY IN HONG KONG. THEY ARE:

- ALWAYS RESPECT YOUR SIFU.
- REMAIN DISCIPLINED—CONDUCT YOURSELF ETHICALLY AS A MARTIAL ARTIST.
- PRACTICE COURTESY AND RIGHTEOUSNESS—SERVE THE SOCIETY AND RESPECT YOUR ELDERS.
- LOVE FELLOW STUDENTS—BE UNITED AND AVOID CONFLICTS.
- LIMIT YOUR DESIRES AND PURSUIT OF BODILY PLEASURE—PRESERVE THE PROPER SPIRIT.
- TRAIN DILIGENTLY—MAINTAIN YOUR SKILL.
- LEARN TO DEVELOP SPIRITUAL TRANQUILITY—ABSTAIN FROM ARGUMENTS AND FIGHTS.
- PARTICIPATE IN SOCIETY—BE MODERATE AND GENTLE IN YOUR MANNERS.
- HELP THE WEAK AND THE VERY YOUNG—USE MARTIAL SKILLS FOR THE GOOD OF HUMANITY.
- PASS ON THE TRADITION—PRESERVE THIS CHINESE ART AND RULES OF CONDUCT.

The beginning...

### WHAT IS WING CHUN

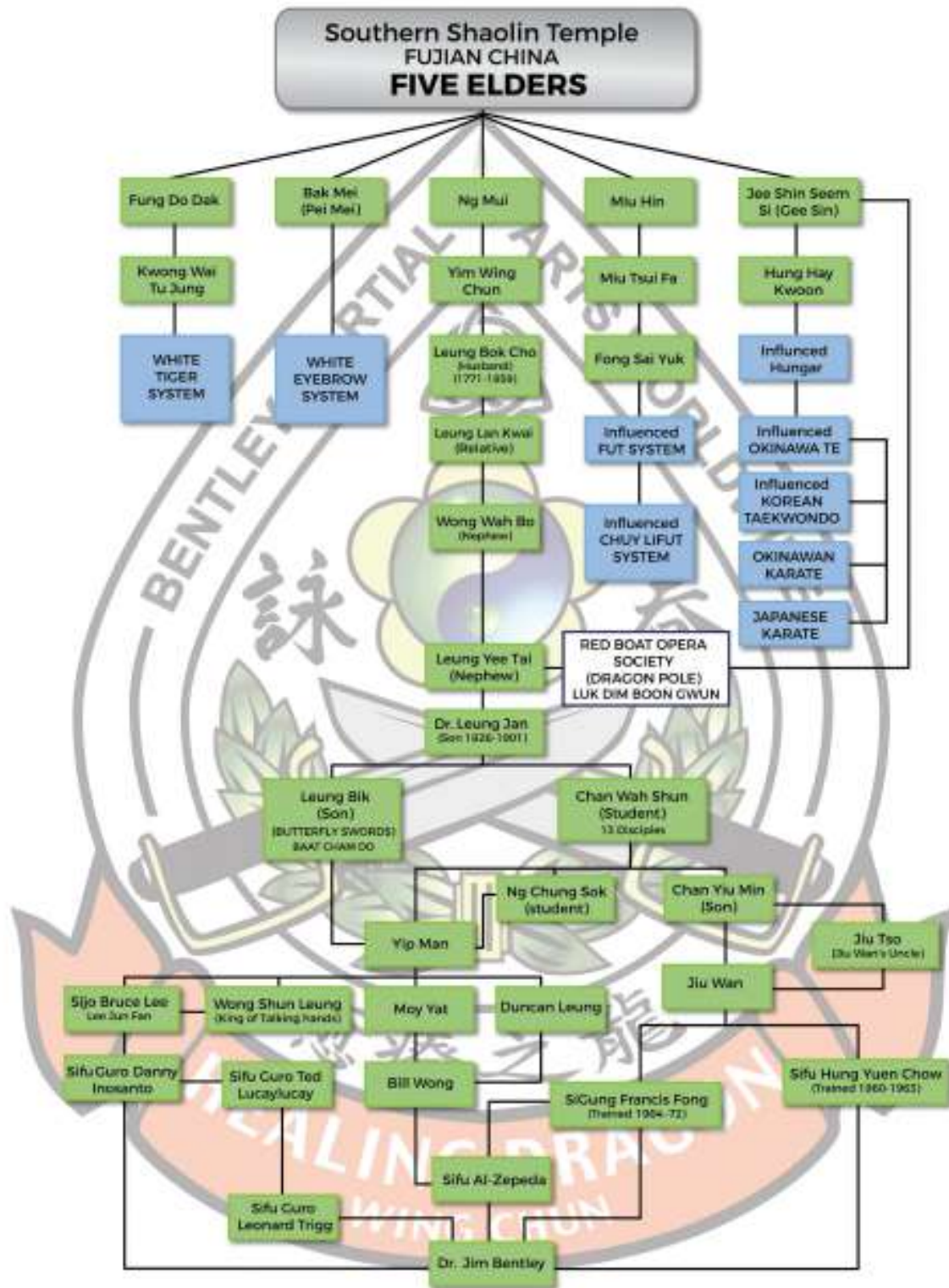
To explore the vast and intricate world of the Science, Art, and Philosophy of Wing Chun takes depth. More intellectually designed questions get us deeper answers. The Science is the how, the Art is the how, the Philosophy is the how, the cumulative effect of the three combined is the Tao, or The Way. Each aspect has a clear significance leading to its effectiveness. Why is Wing Chun so highly acclaimed by special forces but not in MMA? The answer is rules. There are no rules in a real fight. A real fight is not a competition. A competition is designed so two athletes can go toe to toe with minimal damage. After the competition they can heal and fight again. This is why there is a lot of controversy over MMA competitors who are being "too aggressive", and in doing so they end other paid athletes' careers. That is a competition. As my friend Pro Coach Guro Belton Lubas says, "A real fight is not a competition, it's when someone tries to hit you with a car, there are no rules in a real fight." There are no eye gouges, taking out the breathing apparatus, or even finger breaks in professional competition. Yet those who need to learn to protect their own life or the lives of others, do need to know advanced systems of engagement because lives do depend on having a more advanced level of skill than your adversary. There is a vast difference between training to compete vs. training for the street. So why do special forces and advanced self-defense courses gravitate towards advanced arts like Wing Chun? Because Wing Chun teaches conservation of motion and fighting from your skeletal structure and not just your musculature. There will always be someone stronger out there. Wing Chun is designed to flow with clean lines around rigid arms. It is effective in all levels of combat and especially in close quarters. Many arts focus on techniques designed upon moving someone's body around their own body frame. That is great if you can set the move up correctly and efficiently. That is a developed skill that masters make look easy. Yet, in reality, it may not be the case. You have to adapt, to flow, to overcome. Wing Chun teaches how to zone off your opponent and utilize triangular structures to keep you safe and place yourself into a tactical advantage. Creating a flow of responding with intelligent design and not becoming reactive. Another aspect that separates Wing Chun from other systems, is that in other systems the end goal is to make contact, get the hit then withdraw to calculate their next move based on the opponent's reaction. In Wing Chun the first part of the conversation is making contact. We do not withdraw as we know we have just built a bridge between

us and our opponent in which we can feel through. Our objective is to make contact, create a connection, then feel through that connection. Our goal is to relentlessly control and attack the opponents center of mass. What we feel, dictates our next effective action. As Sijo Bruce Lee said, "Don't think, Feel." Wing Chun is about being efficient and effective while being as safe as possible in the process by adapting to the situation. Wing Chuns' philosophies and principles can help enhance other systems of combat and even everyday life. As you will soon learn here in this book.

This amazing art was a gift to me from my talented SiJi (elder in lineage, Wing Chun Sister) Sifu Charlie Schultz. Depicting my lineage, starting at the top with GM Jiu Wan on the Mook Jong, my SiGung, Sifu Francis Fong with the Butterfly Swords, my Sifu, Sifu Al Zepeda with The Dragon Pole, and myself with our hand forms.



# OUR LINEAGE OF WING CHUN



UPON CERTIFICATION BLACK BELTS IN OUR CURRICULUM CAN BE LISTED BELOW FOR THEIR OWN USE.

# BENTLEY MARTIAL ARTS WORLDWIDE

THE MEANING OF OUR FAMILY SHIELD - OUR OUTREACH TO EMPOWER THE WORLD

## WING CHUN

TRANSLATES TO BEAUTIFUL SPRINGTIME, ETERNAL SPRINGTIME, OR BREEZE IN SPRINGTIME. SOME INTERPRET ITS MEANING AS FLOWING IMAGINATION, OR NATURAL ETERNAL FLOW. ITS EFFICIENCY AND FLOW IS WHY ITS CONSIDERED SO EFFECTIVE AND LIKE NATURE IT CAN BE SO DEVASTATING.

詠春



## TWO HANDS BOWING

TO HEAVEN AND EARTH IN RESPECT TO ALL PEOPLE AND ALL SYSTEMS OF MARTIAL ARTS AS ONE FAMILY UNDER HEAVEN.

## MOI FA NM JERN

PLUM BLOSSOM FIVE PALM POSITION

THE SHAPE SHOWS US OUR PALM STRIKE POSITIONS AND ALSO SIGNIFIES PERSISTENCE, HOPE, BEAUTY, PURITY, AND THE TRANSITORINESS OF LIFE.



## THE TRIQUETRA

SYMBOLIZES THE UNITY OF ALL SYSTEMS AND HOW THE SCIENCE, ART, & PHILOSOPHY OF WING CHUN ENHANCES, EVOLVES, AND IS EXPANSIVE IN NATURE IN MARTIAL ARTS AS IT IS IN LIFE. IT DOES NOT REPLACE; IT AWAKENS OPPORTUNITIES FOR OPTIMIZING LIFE AND SYSTEMS TO THEIR NEXT LEVEL AND MAGNIFIES WHAT MAKES ADVANCED CONCEPTUAL THINKING APPLICABLE IN LIFE.

**THE COLOR YELLOW** REPRESENTS POWER, ROYALTY, PROSPERITY, EARTH, AND PROTECTION UPON THE JOURNEY TO ENLIGHTENMENT.

**THE COLOR BLUE** REPRESENTS IMMORTALITY AND ADVANCEMENT.

**THE COLOR GREEN** REPRESENTS HARMONY, WEALTH, GROWTH, ECO-FRIENDLINESS, CLEANLINESS, AND PURITY.

## YIN/YANG

**YIN** REPRESENTS FEMININITY, DARKNESS, YIELDING, EARTH.

**YANG** REPRESENTS MASCULINITY, LIGHT, ACTIVITY, HEAVEN.

**TOGETHER** THEY SIGNIFY BALANCE WITHIN AN INDIVIDUAL, THE WORLD, AND THE UNIVERSE.



## ROYAL RED RIBBON

SYMBOLIZES LUCK, JOY, GOOD FORTUNE, PROSPERITY, AND HAPPINESS.



## BAAT CHAM DO

"EIGHT-SLASH/CUT/CHOP-BROAD SWORD" LITERALLY MEANS EIGHT-POINT SLASHING SWORDS. ALSO KNOWN AS BUTTERFLY SWORDS. IT USES EIGHT DIRECTIONS OR CUTTING ACTIONS. THE ACTUAL NAME OF THE SWORDS ARE **WU DIP DO** (DIP IS PRONOUNCED DEEP). THEY ARE CONSIDERED THE "CROWN JEWEL" AND MOST PRIZED SKILL OF THE WING CHUN SYSTEM. THEIR USE ENHANCES AND GIVES RISE TO A DEEPER MEANING AND MORE FOCUSED INTENTION INTO OUR EMPTY HAND AND FOOTWORK FORMS.

癒療之龍

## DRAGON OF HEALING

THE NAME SIFU DR. BENTLEY WAS GIVEN UPON EARNING HIS BLACK BELT STATUS. FOR WORKING ON ALL OF OUR FAMILY, MASTERS, AND FIGHTERS. TO KEEP OUR FAMILY HEALTHY AND STRONG TO KEEP PROVIDING ACCESS TO THIS AMAZING KNOWLEDGE TO THE WORLD.



## THE OLIVE BRANCH

REPRESENTS VICTORY, PEACE, HARMONY, HOPE, AND GOODWILL.

**THE GOLD BINDING** REPRESENTS WEALTH, GOOD FORTUNE, AND ABUNDANCE.

**EMBRACING TWO** OLIVE BRANCHES TOGETHER IS TO ATTRACT MORE, TO ADVANCE MORE, TO SERVE MORE.

TO GIVE, TO LOVE, TO SERVE, FROM OVERFLOWING ABUNDANCE FROM WITHIN.

# 詠春正統

允 招 予 授 親 問 葉

彼進我迎 彼退我進

神龍幻化 大顯神通

伍伯楷  
 梁博丈 梁博丈  
 梁蘭桂 梁蘭桂  
 黃萃 黃萃  
 梁二 梁二  
 梁二 梁二  
 陳汝棉 陳汝棉  
 南少 南少  
 林寺 林寺  
 師 師  
 圖 圖  
 吉 吉  
 利 利



龍之療癒  
 HEALING DRAGON  
 WING CHUN

## THE LEGEND OF WING CHUN

Wing Chun can trace its beginnings all the way back to the famed Siu Lum Temple (Southern Shaolin Temple). Most people agree that the Wing Chun System was the product of a Great Grand Master of Bil Gee & Dim Mak named Master Ng Mui. In one story handed down it was said that she went to the Great Southern Shaolin Temple and asked the guards at the gates, how many masters did they have? They said four. She said, I am the fifth. The guards at the gate said women are not allowed to enter the temple. She said that is ok, stop me. No one could stop her, so she became the fifth master or otherwise known as the fifth elder. In the traditional Siu Lum systems, it would take 15 to 30 years to develop a proficient gung fu master. The Five Grandmasters of the Siu Lum planned to create a new martial arts system, to overthrow the current Government of China ran by the Manchus and restore Chinese rule of their country. A martial art system which would have a shorter training period and would be more effective than all the other previous forms designed. As this one would be the first system designed for the human body and movements and not mimicking an insect or animal as all other known systems did at that time period. They developed principles and a training program that would take only 7 years to create an untouchable master and it eventually became known as Wing Chun, which has been interpreted as 'Beautiful Springtime' or 'Breeze in Springtime' also, 'Eternal Flowing' and even, 'Focused Imagination'. Before this new system could be put into practice, a guard was paid to leave the front gate unlocked and the Siu Lum Temple was raided in middle of the night. The masters and monks could easily defeat the army but during the battle the temple caught on fire and was burned by the Manchus. Ng Mui and the other four masters survived and went into hiding. Ng Mui refined the art and passed her knowledge onto a young girl who was named Yim Wing Chun. Ng Mui is accredited to being the founder of several arts, not only Wing Chun. These arts include Wumei, Dragon Style, White Crane, and Five-Pattern Hung Kuen to name a few.

After Yim Wing Chun mastered her art, she left her aging master, Ng Mui. Yim Wing Chun met and married Leung Bok Cho, a master of southern Siu Lum style, and a silk merchant from the Foshan County of Guang Dong Province. Eventually she revealed to him the Wing Chun story, with her being the only heir. She convinced Leung Bok Cho, through combat, that her system was superior. From that point on, he began training with his wife Yim Wing Chun.

Through the years, its techniques and teaching were passed onto a few, carefully selected students. After learning the whole system from his wife, Leung Bok Cho later passed the system to Wong Wah Bo. Wong Wah Bo was a popular opera star on the floating opera barge called The Red Boat Opera. At this point, the long pole was introduced into Wing Chun. Wong Wah Bo was a third-generation disciple of Grandmaster Gee Sin from which the pole originated. Yet some claim that Master Gee Sin was actually on the boat. Leung Bok Cho taught Wong Wah Bo the Wing Chun system in exchange for the long pole. It was said that up to this point Wing Chun was one continuous form and it was Wong Wah Bo that broke the system up into 3 hand forms, the wooden dummy form, the Dragon Pole, and the Baat Cham Do forms.

Wong Wah Bo retired to Fi Chee, a busy district in Foshan at age 60. He developed a close friendship with a famous herb doctor, Dr. Leung Jan, and taught him the Wing Chun system. Dr. Leung Jan mastered the Wing Chun system and took it to the highest level possible. In combat, he was never defeated and was named King of Wing Chun (Grandmaster).

Dr. Leung Jan lived in Foshan with his two sons, Leung Bik and Leung Chun. Leung Jan was a pharmacist (Herbalist) with a shop next door to Chan Wah Shun, who was a money changer. Chan Wah Shun was an exceptionally large, strong man who admired his neighbor's Wing Chun ability. Because Leung Jan chose to keep his art within his family, Chan Wah Shun resorted to spying on Leung Jan's daily teachings. Leung Jan soon learned of Chan's spying and accepted him as a student.

When Leung Jan and his son Leung Chun died, Chan financially drove the surviving son Leung Bik from Foshan to Hong Kong. Chan Wah Shun wasted little time in teaching Wing Chun to selected people, one being his son, Chan Yiu Min. He enjoyed tremendous popularity, but after many years had accepted only 13 disciples.

A side note about this time and why most of our history is handed down verbally and not written.

Please consult, "The Tao of Wing Chun" by Authors Danny Xuan and John Little. I believe they have discovered many realities of our lineage. They share the political and social climate at the time and explain why written history was lost during this time. Therefore, much of our history is handed down verbally in our lineage as with many other systems. Our system is lucky to have survived this time period, as many did not. It's important to understand that during much of this time the Chinese Government had outlawed all forms of martial arts and the Japanese had been conquering many parts of the Chinese coastline. At this time Hong Kong was under British rule. Martial arts was free to flourish and they were protected from outside forces. If Grand Master Ip Man and Grand Master Jiu Wan had not moved to Hong Kong during this period, we would not have this beautiful knowledge today that was so popularized by Sijo Bruce Lee. It should also be noted that the first time Yip Man shared the story of GM Ng Mui it was to a reporter in an interview. Some students speculated if the story was the true origin of Wing Chun or just a story for the reporter. Mystery surrounds much of our actual Wing Chun history. Yet its efficiency and effectiveness speak for itself.

## **THIS IS OUR HISTORY AS IT WAS HANDED DOWN TO ME FROM MY WING CHUN FAMILY**

Why is our history so mysterious? During this time the new ruling class over China burned all books, banned all writing, and outlawed all training and teaching of martial arts. During this time if it was even rumored you trained or had books you would be immediately and publicly executed. This is why Wing Chun was hidden by The Red Boat Opera Society and handed down to only close friends and/or relatives, worthy of protecting it. It was hidden from the Japanese during their takeover of Fujian. Then as Yip Man and his friend and fellow student Jiu Wan moving to Hong Kong which was under British rule, they could continue to train, refine, and advance the art. During this time, Hong Kong was a hub for all martial arts systems as it was banned in all of China. So, it was the perfect time and place to see how Wing Chun stood up against all other known systems. And that is why Bruce Lee and many famous people sought out Wing Chun because of its efficiency in street fighting and combative outcomes against other systems. At that time full contact, bare knuckle, roof top fighting was quite common to test what was real and what worked.



## GRANDMASTER IP (YIP) MAN HISTORY

At the age of 12, Yip Man (aka Ip Man from the movies) came to Chan Wah Shun with 300 pieces of silver asking for acceptance as his final disciple. At first, Chan assumed the boy had stolen the money from his parents. He accompanied Yip Man home and discovered that Yip Man had indeed saved the silver by himself. Admiring Yip Man's dedication, Chan accepted him as his last and 13th disciple.

Master Chan Wah Shun became ill and passed away after accepting Yip Man as a student and directed Ng Chung Sok to continue Yip Man's training. Shortly after Yip Man moved to Hong Kong for his education. By the age of 16, he had the reputation of an accomplished martial artist. Through some of his martial arts friends, Yip Man was introduced to an eccentric old man with renowned gung fu ability. The old man taunted Yip Man and challenged Yip Man to a fight. The old eccentric beat him dismally. The old man was Leung Bik, Leung Jan's surviving son. (It is said that Leung Bik's Wing Chun used more flow, focused intention, and energy work whereas Chan Wah Shun's Wing Chun was comparatively more rigid. Perhaps this was because Chan Wah Shun was a large man while Leung Bik was smaller in stature.) After the encounter, Leung Bik accepted Yip Man as his only student. Yip Man studied with Leung Bik for four years. He then returned to Foshan, became the Wing Chun Grandmaster, and lived there until the Japanese took over that region in 1948. Yip Man fled to Macao, leaving his fortune behind.

In Macao, Leung Shun, a master of White Eyebrow Gung Fu, met Yip Man and brought him back to Hong Kong. Yip Man was given a small apartment on the premises of the restaurant workers' union. Every night, after the restaurant closed, Leung Shun conducted gung fu classes at the workers' union. Often, Yip Man watched the classes in progress and criticized the inadequacy of Leung Shun's style. One night in 1951, Leung Shun became angered by Yip Man's disrespect and, to teach him a lesson, challenged him. Though Leung Shun was larger and younger than Yip Man, he was no match and was easily defeated. Yip Man then revealed himself as the Grandmaster of Wing Chun and took Leung Shun as the first of a few, carefully selected disciples.

Many people studied under Yip Man, most notably were Wong Shun Leung, Hawkins Cheung, Moy Yat, Duncan Leung, Bruce Lee, Yip Man's sons Yip Chun and Yip Ching, Leung Ting, and William Cheung. Bruce Lee, who started his training at age 13, later went on to create his own method of martial art which he called Jeet Kune Do. Wing Chun was the foundation of his philosophy.

Yip Man passed away in 1972 and Sifu Bruce Lee died in Hong Kong in 1973. After Yip Man's passing and Jiu Wan's passing only a year later the Wing Chun family dispersed. Some claiming to have the only true art authorized by Yip Man. Commonly Instructors would come and display their form for Grandmaster Yip Man and he would nod in approval. Yet many of the forms looked so different from one another. When questioned as to why he approved of forms so drastically different from one another he said that it was correct per that instructors' understanding of Wing Chun. Also Yip Man had changed the system many times. For example, at one point his wooden dummy form had over 140 movements like Jiu Wan's, but he wanted to make it have only 108 movements because that was a famous number in China. But before his death he changed it to 116 movements because he found some crucial elements were lost with only 108. So, it also depends on when the instructor studied with Yip Man as to what version they were taught. Also, some students that no one ever heard of or saw attend the school in Hong Kong claimed to be private closed-door students of Grand Master Yip Man.

*"How do you tell a false prophet from a true master? The false prophet wants to create followers, while a true master is sharing how to discover mastery within yourself."*

**-Sifu Dr. Jim Bentley**

## GRANDMASTER JIU WAN HISTORY

As is often repeated, Yip Man was the youngest student of Chan Wah Shun and the last grandmaster of a unified Wing Chun family. But Master Chan Wah Shun had other students and disciples as well. One of these students was his son, Chan Yiu-Min. Said to be most famous for his abilities with the six-and-a-half point pole, Chan Yiu-Min earned the title of Chut Sang Gwun Wong (Qi Sheng Gu Wang, King of the Pole of Seven Provinces) by defeating all challengers in a great tournament. The trophy, an engraved pole as thick as an arm, was said to have been hung above the door of his school. According to the Chan family, Chan Yiu-Min was also known by the nickname Kwai Sau Min (Gui Shou Mian, Ghost Hand Min).

Chan Yiu-Min taught several students during his career, including his sons Chan Ga-Wing, Ga-Chai, and Ga-Lim. He also taught Jiu Chao, and Jiu Wan. Jiu Chao (Zhao Jiu) learned Hung Ga boxing and other systems before studying Wing Chun Kuen and Osteopathy from Chan Wah-Shun's son, Chan Yiu-Min. (As a side note, many masters of Wing Chun were said to be incredibly gifted and sought out healers, from Herbalists to Osteopathy.) Several accounts suggest he worked in law enforcement for a time alongside his junior martial uncle, Yip Man and took the opportunity to practice with him as well. Among his students were several other members of the Jiu family, including his nephew, Jiu Wan (Chu Wan), as well as Wong Jing, Gao Jeung, Kwok Sing, Pan Nam, and others. Jiu Chao passed away in Zhongshan in 1972.

Jiu Wan had many students and even taught a couple of movie stars in Hong Kong. In his youth in Fatshan, China, he studied Wing Chun from his cousin (literally his father's elder brother's son) Jiu Tong, who is in the same lineage as Wing Chun Master Yip Man. Later, because he was quick to understand the martial arts, Jiu Wan established his own Wing Chun school in Fatshan. After the Japanese Empire took over that region of China, Jiu Wan left Fatshan for Hong Kong where he met with Master Yip Man.

Since, as it is said, "There can be no two teachers in the same style" or in other words no two teachers equal in skill, in his twenty years of following Yip Man, Jiu Wan always referred to Yip Man as the head of the Wing Chun clan.

Jiu Wan emphasized sparring because Wing Chun doesn't have many forms and, in general, doesn't take very long to learn. He also pointed out that, "When you study the martial arts it should be practical, and young people in particular, get easily bored. Sparring trains, the reactions, and chi sao can help students understand the main points of the system. Diligently practicing chi sao drills gets better results than any complicated explanation. With sparring, a student can both increase their confidence to face an attack and give themselves a chance to use the offensive and defensive movements they have learned in order to protect themselves."

Grandmaster Yip Man presented Jiu Wan with a plaque on which was written the four words, "Wing Chun Jing Tung" which means "Wing Chun the Pure Tradition". Officially recognizing the achievements of a true Wing Chun Master and his ongoing commitment to advancing the Wing Chun System. Jiu Wan was the only person to be recognized by Grandmaster Yip Man. At the time of his death only one year after Grand Master Yip Man's death, Jiu Wan was unofficially recognized as the new Grandmaster of the Wing Chun family in Hong Kong. He died leaving a great legacy carried on by his many students.

Jiu Wan was reported to be an extraordinary fighter and trained great fighters. Two of his top students were Francis Fong and Jason Lau who trained together, constantly perfecting their art. Others included his son Jiu Wong, and Richard Chen (now in New York under Moy Yat), Hung Yuen Chow (Oregon, USA), Fred Kwok (Vancouver, BC, Canada), and Roland Wong (Canada).

Grand Master Jiu Wan died only one year after Grandmaster Yip Man, while Sijo Bruce Lee died in between them, all in Hong Kong. It was a tragic time for Wing Chun as Grand Master Jiu Chao died within the same time frame of 1972-1973. It is also a testament to their impact on the world as Wing Chun is now known worldwide. Today, Jason Lau who first opened a school in New York and later in Atlanta, Georgia, has accepted the legacy of Jiu Wan and is currently recognized as the Grandmaster of the Jiu Wan branch of the Wing Chun clan.

After Grandmaster Yip Mans passing some masters changed the spelling to notate the differences.

GGM Leung Ting refers to his system as *Wing Tsun*

Dai-Sifu Emin Boztepe refers to his system as *Wing Tzun*

Yip Mans Sons and other Instructors in their association refer to their system as *Ving Tsun*

GM William Cheung refers to his system as *Advanced Wing Chun*

Traditionally the art is spelled *Wing Chun* and that is the terminology that we use for our system.

Each of these systems are amazing in their own way. We are all under this same beautiful umbrella of Wing Chun. Many people wonder why there are so many different spellings of our art, so I wanted to share this information to the best of my ability. GGM Jiu Wans system is simply known as Wing Chun.

*"I owe my accomplishments to Wing Chun."* –SiJo Bruce Lee

*"The foundation of Jeet Kune Do is Wing Chun."* –SiJo Bruce Lee

*"Under the sky, under the heavens, there is but one family."* –SiJo Bruce Lee

# OUR FAMILY

## WE ARE BLESSED WITH SOME AMAZING HUMAN BEINGS

### SIFU HUNG YUEN CHOW

I first started my Wing Chun education under the instruction of Sifu Hung Chow. He is an excellent instructor with amazing skill. He trained under Grandmaster Jiu Wan in Hong Kong between 1960–1963. I moved away for my doctorate program and could no longer continue my study under him. I learned so much that really helped me establish a solid foundation. Below are just a few pearls of wisdom I learned while training with Sifu Hung Chow.

1. One day before leaving class he said, “Grab my wrist.” I did and it was limp. He said, “Who has who?” I said I have you, he said, “You are right.” Then he placed the lightest of centerline pressure into my hand with his wrist. He said, “Now who has who?” And he smiled as if to say, “understand?”. With forward pressure he could feel my entire body.
2. Another day during training he said with your arms straight out in front of you, place your hands together to create your triangle. Your job is to master your own triangle. It’s so small yet it takes diligence to master. If something is outside of it, then it is not your concern, but if it tries to enter your triangle then you deal with the energy diligently. It is the same in life. You have to control your own things inside your own triangle, your emotional, mental, physical, nutritional, financial well-being. No one can fix your own triangle but you. Likewise, if you are in other people’s triangles trying to fix them who is attending your own? Mastering your own triangle is mastering your life. So, you can show others someday too.
3. One day during Chi Sao one of the students was very rigid. Sifu Hung Chow explained to all of us that he was emotionally stiff. He was unable to relax because his energy was imbalanced, and he should take more time to meditate. To calm his emotional well-being so his body could flow and live in the now, not in the future, or in the past, of what might be, or could have been, but what is true in this moment.

### SIFU AL ZEPEDA



Al Zepeda has over 42 years of martial arts experience. He acquired his Black Belt in Shotokan Karate which was created by founder Grandmaster Gichin Funakoshi who taught Sensei Hidetaka Nishiyama (one of his last surviving students), who taught Sensei Guy Jacobson, who taught Sifu Al Zepeda in the early 1970s. Sifu Al trained and competed for over 11 years until he discovered Wing Chun and its efficiency and effectiveness.

During the early 1980s, Bill Wong and his family moved to South Carolina. He had learned from Moy Yat and Duncan Leung, who both studied under Grandmaster Yip Man during the 1960s. Bill was an incredibly determined student. Bill had a strong interest in training under combat conditions and using modern weapons, which was reflected in his training and the methods he used. Sifu Bill taught privately at home in Spartanburg for a few years. His students numbered several at any given time, but less than a handful of them completed their training with him and learned the entire Yip Man Wing Chun System as taught by Sifu Bill Wong. One of those students was Sifu Al Zepeda. He became an instructor in the Ving Tsun System as its lineage goes from Yip Man to Moy Yat & Duncan Leung, to Bill Wong, to Sifu Al Zepeda. Sifu Bill Wong is a member of the Martial Arts Hall of Fame.

In the early 1970s, Francis Fong left Hong Kong and came to North America. He taught with Jason Lau in New York for a short time. But eventually, he settled in Atlanta, Georgia, where he currently owns and operates a school called the Francis Fong Academy. While training under Sifu Bill Wong, Al Zepeda met Sifu Francis Fong. Sifu Francis astonished Al and his friends with his amazing skills and generosity. Al kept in contact with Sifu Fong and even attended a Wing Chun seminar later that year in Charlotte, NC, at the Dan Inosanto JKD school. Al did not take up regular studies under Sifu Fong until a couple of years later, after completing studies with Sifu Bill Wong. Al Zepeda began his studies with Sifu Francis Fong in 1987 with Sifu Bill Wong's consent and has been with him ever since.

Francis Fong is one of the top Wing Chun practitioners in the World. He has trained and worked with Special Police Units, S.W.A.T. teams, law enforcement agencies, the Fort Benning Rangers, and the Dallas Cowboys football team. Sifu Fong was also sought out by the U.S. Army in the 1990s to help update an in-close self-defense training manual. Through Sifu Fong, Al has studied and practiced Wing Chun Kung Fu, Filipino Kali, and Muay Thai Kickboxing. Sifu Zepeda currently holds the rank of Black Sash (5th degree) in Wing Chun under Francis Fong. He is also a certified Full Instructor and an active member of the Wing Chun Association of the United States of America. Sifu Dr. Jim Bentley is one of his few disciples to become a Certified Full Instructor Black Belt under Sifu Al that is actively certified to teach.

## SIFU FRANCIS FONG

Founder of Francis Fong Instructor Association



I do refer to Sifu Francis Fong as my SiGung out of respect for my Sifu, however, most people commonly refer to him as Sifu. In addition to actively teaching students at his academy, Sifu Fong has trained both amateur and professional fighters for competitions, appeared in movies and television, and traveled both internationally and throughout the U.S. to teach his highly regarded martial arts seminars, as well as conducting innovative business leadership and motivational seminars for major corporations.

Originally from Hong Kong, Sifu Fong began training in martial arts at the age of 12 years old. The promise of competition first attracted him to a Tae Kwon Do school, as well as Judo and WuShu. Several years into his martial arts training, his cousin Sifu Jason Lau introduced him to the art of Wing Chun Kung Fu. He was selected into a closed-door school led by Grandmaster Jiu Wan.

Sifu Jiu Wan and Yip Man (considered by many to be the father of Modern Wing Chun as well as Bruce Lee's Wing Chun instructor) studied martial arts together at the Jing Mo Guen in Foshan where Jiu Wan was promoted to an instructor. It was considered the most elite institutions in southern China, dedicated solely to the highest levels of martial arts training.

When the Japanese invaded Foshan, Yip Man and Sifu Jiu Wan went to Hong Kong where Yip Man opened the first ever public Wing Chun school to promote the system while Jiu Wan opened a private school to advance the system. Jiu Wan had his private school where Sifu Hung Chow studied and also had a more secret society that met at different locations where Sifu Fong and his cousin Jason Lau studied. Sifu Fong describes his early training under Sifu Jiu Wan as very traditional training, with a lot of sticky hands, chi sao training in which everyone only used their nick names, never their real names. They never knew who they were training with, they just showed up, learned, and diligently trained. This was an invitation only school where you had to be invited, and the one who got you in was responsible for your conduct.

In 1973, Sifu Fong came to the U.S. from Hong Kong in search of new opportunities. He first went to college in Canada and then to Connecticut for work. On the weekends and summers, he would travel down to New York City to train with his Wing Chun brother, Sifu Jason Lau, who had had come to New York a few years earlier. In 1975, Sifu Fong moved down to Atlanta, GA and soon after established his own school teaching Wing Chun Kung Fu in 1976.

In 1981, Sifu Fong was asked by film coordinator Bobby Bass to help choreograph the fight scenes for the movie *Sharkey's Machine*. It was during this filming that he met up with Guro Dan Inosanto (Bruce Lee's well-known student and successor). This led to a lifelong friendship with Guro Dan and a sharing of their mutual respect and interest in the martial arts.

Sifu Fong says of him, "I respect him not only as a martial artist and teacher, but also for his attitude and philosophy." Guro Dan later introduced Sifu Fong to Ajarn (Grandmaster) "Chai" Sirisute (the first native Thai instructor to offer Thai boxing in America). These associations sealed his move into exploring his material by mastering other systems.

Throughout the years, Sifu Fong's open-mindedness and desire to explore other arts led him to include Filipino Kali/Escrima, Jeet Kune Do, Muay Thai, and Grappling arts, such as Brazilian Jiu-Jitsu and Shooto, alongside of the Wing Chun curriculum taught at this Academy while also hosting some of the top authorities in those arts for seminars at his academy in Atlanta.

Sifu Fong is currently the 'Georgia Representative' for Guro Dan Inosanto with full 'Senior Instructor' rankings in Filipino Martial Arts, Lee Jun Fan Gung Fu, and Jeet Kune Do. Additionally, Sifu is an Instructor in Muay Thai and is recognized as the 'Director of the Southeastern Region' for the World Thai Boxing Association of the U.S.A., representing Grandmaster Ajarn Chai Sirisute.

Sifu Francis is an honorable member of the Defensive Tactics Instructor Association of the state of Georgia, and has been a certified 'Head Police Defensive Tactics Instructor', whom has trained police officers, S.W.A.T. teams, and "Fort Benning Rangers" in close quarters tactics.

Due to his diverse background and experience, the U.S. Army sought his help in updating Army training manuals to include principles in the arts of Wing Chun, Muay Thai, and Filipino Kali. He maintains 'Special Deputy Sheriff' classification in the Training/Special Operations Division in the state of South Carolina. It's because of Sifu Fong's level of mastery in other arts that he has advanced our system to proficiently deal with techniques from these other advanced martial arts systems.

**To find out more about Francis Fong, please visit his website at [FrancisFongAcademy.com](http://FrancisFongAcademy.com)**

## PROFESSOR LEONARD TRIGG & DATU KELLY WORDEN



Professor Leonard Trigg is a Sifu and Guro under Sifu Ted Lucaylucay. He is the 'Director of the Northwestern Region' for the World Thai Boxing Association of the U.S.A., representing Grandmaster Ajarn Chai Sirisute, and heads the Boxing Division for the WTBA. With many World Champion Boxers to his credit. He is also the President of the Lameco Eskrima System of which Guro Danny Inosanto is the Vice President. He also accepted leadership over late Guro Ted Lucaylucays organization.

As a Datu of Modern Arnis, Datu Kelly Worden is well known for "Connecting the Systems" from Non-Classical Gung Fu, Muay Thai, Filipino Kuntao, American Sombo

through Dr. Brett Jacques, American Boxing, Impact and edged weapons to firearms. In addition, Datu is 2nd Generation Jeet Kune Do and IMB senior instructor under Richard Bustillo and Guru of LucayLucay Kali, Jun Fan, & Jeet Kune Do under Guro Leonard Trigg. He is the founder of NSI "Natural Spirit International". He is known and recognized for his training of Army Rangers and his long term contracts training the U.S. Army Special Forces. He teaches these advanced combat tactics through his Worden Defense System. He designs and sells hand loads like his Travel Wrench and handmade knives of all styles and types. He is revered by many elite fighters and hosts the famous annual, "Water & Steel Camp".

**Discover more about Datu Kelly Worden at [WordenDefense.com](http://WordenDefense.com)**

## GURO DAN INOSANTO

Founder of Inosanto Academy of Martial Arts



Guro Dan is one of three instructors personally certified by Bruce Lee to teach his system of martial arts. The film *I Am Bruce Lee* provided Guro Dan an opportunity to reveal a little-known fact about the friendship the two men shared. Danny Inosanto introducing Bruce Lee to nunchaku and taught him his system. Inosanto explained that he introduced the weapon to Lee, taught him the basics and some exercises to get him started on his weapons training. Guro Dan describes SiJo Bruce Lee as a gifted natural. He could not only learn things fast, but he could master them. In *The Game of Death* movie, one of the most recognizable of the Bruce Lee films, they showcased the use of the nunchaku between SiJo Bruce Lee and

Guro Dan. He is featured as the *Black Belt Magazine's* 1996 "Man of the Year".

Inosanto holds Instructor or black belt level ranks in several martial arts. He is known for promoting the Filipino Martial Arts. He is responsible for bringing several obscure forms of the South East Asia Martial Arts into the public eye such as Silat, a hybrid combative form existing in such countries as Indonesia, Malaysia, and the Philippines. He has recently acquired his black belt in the Machado family style of Brazilian Jiu Jitsu. Guro Inosanto also trained Shoot wrestling under Yorinaga Nakamura. Currently he is the vice-president of Lameco International, carrying on the Eskrima of the late Filipino martial artist Edgar Sulite. Guro Dan is also a high ranking master and like a brother to Grand Master Ajarn Chai Sirisute of Muay Thai. He is one of my most cherished friendships and mentors I could ever hope to have.

**Discover more about Guro Dan at [Inosanto.com](http://Inosanto.com)**



*"I am a lover not a fighter, but I will fight for what I love."*

## GRANDMASTER AJARN CHAI SIRISUTE

Founder of The World Thai Boxing Association—Sanctioning Authority



Surachai Sirisute (Thai: สุราชัย สิริสุตธรรม์, born October 16, 1948) Chai formally studied both Muay Thai as well as karate beginning at the age of six. Earned his black belt in Shorin-ryu at the age of 12, and started to fight in the ring in Muay Thai. He left Thailand to teach in America in 1968.

During the 1970s and early 1980s Sirisute taught at several Southern California colleges: Chaffey College, Claremont Men's College and Cal State San Bernardino and out of his home. His early students included Jim Vanover, Ron Ritoch (former student of Jim Vanover), Mike Goldbach, Reggie Jackson, Glen Hernandez, Don Boyd, and the vice president Chai's Thai Boxing Association, Tony Gneck whom he brought to Thailand in

1982 as the first American team to compete in the Muay Thai World Championships.

In 1978, he trained another Martial Arts teacher named Dan Inosanto. Inosanto trained as a student in Chai's backyard and eventually introduced Sirisute to his Jeet Kune Do teaching seminars, which greatly helped Sirisute extend awareness of Muay Thai in the U.S.A. as well as internationally. In 1983 Inosanto introduced Sirisute to Tom Landry of the Dallas Cowboys who soon incorporated Muay Thai into their pre-season conditioning with Sirisute as their instructor until the time of Landry's departure in 1990. Sirisute currently runs a Muay Thai camp in Oregon each year with more than 200 students from around the world attending. He founded the Thai Boxing Association of the USA in 1968 and has expanded it to more than 18 countries around the world. He maintains a busy seminar schedule travelling around the world teaching Muay Thai today.

**Learn more about Grand Master Ajarn Chai at [ThaiBoxing.com](http://ThaiBoxing.com)**

## SENSEI ERIK PAULSON

Founder of CSW Training Center & STX Kickboxing  
(Combat Submission Wrestling & Savate-Thai Cross Training)



Sensei Erik Paulson's martial arts journey began in 1974 in Judo. From there, he went on to train in the disciplines of Freestyle and Greco-Roman Wrestling, Boxing, Jeet Kune Do, Filipino Martial Arts (Kali/Eskrima/Arnis), Shoot Wrestling, and Brazilian Jiu-Jitsu. Many of his teachers included training with Rorion Gracie, Royce Gracie, Rickson Gracie, Rigan Machado, Rob Kaman, Tim Tackett, and Nicolas Saignac. He is world renown for his grappling

and is considered a leading authority in MMA.

Erik has also written a book, *History of American Submission Wrestling*, and was a coach of Team Lesnar on *The Ultimate Fighter*, Season 13. He was the first American to win the World Light-Heavy Weight Shooto Title in Japan, retiring with the title after six years.

Has trained fighters such as Josh Barnett, Ken Shamrock, Renato Sobral, Cub Swanson, Ben Jones, Craig Wilkerson, James Wilks, Sean Sherk, and Former UFC Champion Brock Lesnar, to name a few. Instructors: Dan Inosanto, Yorinaga Nakamura, Rigan Machado, Larry Hartsell, and Surachai Sirisute.

Ranks: Black Belt Brazilian Jiu-Jitsu, Black Belt Judo, Black Belt Tae Kwon Do, Full Senior Instructor in Jeet Kune Do, a Full Senior Instructor in Filipino Martial Arts, and a Full Senior Instructor (Ajarn) in Muay Thai under Grand Master Ajarn Chai Sirisute. Erik is a fantastic person, a great friend, and huge support to everyone in our family!



### PRO COACH BEN "THE BADGER" JONES



Ben Jones is the Head Coach of the CSW Fight Team. A former professional MMA & Muay Thai competitor IFS Pro Lightweight & Middleweight Champion. 2nd Degree BJJ Black Belt under Erik Paulson and Rigan Machado, Catch Wrestling Specialist, Former Pro Football Player, All American in College Football, Training Under Erik Paulson for 20 years, The First-ever CSW Fight Team Captain. The originator of the acclaimed "Badger Crew."  
**Ben is a great friend and a very gifted coach.**



**Learn more about Sensei Erik Paulson & Pro Coach Ben Jones at [ErikPaulson.com](http://ErikPaulson.com)**

### SIFU KEVIN SEAMAN



Sifu Kevin Seaman is a senior student and one of only a few selected individuals to hold a full Instructor Credential to teach Bruce Lee's Jun Fan Gung Fu, and The Art & Philosophy of Jeet Kune Do by Guro Dan Inosanto (Bruce Lee's protégé). Kevin has been featured in international magazines such as Blackbelt, M.A. Training, and Inside Kung Fu. In addition, he is a Senior Instructor (Ajarn) under Ajarn Chai in Muay Thai. He is also the author of the books *The Winning Mindset*, *The Mind Game of MMA*, *How to Hack Your Own Mind*, and *Jun Fan Gung Fu—Seeking the Path Of Jeet Kune Do*, Vol. 1 & 2. Sifu Kevin helped catapult this work into fruition. Thank

you, Sir, for your continual support, advice, and inspiration to make this book a reality as well as all you do to inspire each of us to be our very best through your wisdom and endless knowledge.

**To learn more please visit [KevinSeaman.net](http://KevinSeaman.net)**

### SIFU HARUN RAJA



Sifu Raja holds a black belt under Sifu Al Zepeda and SiGung Francis Fong in the art and science of Wing Chun Kung Fu. He is also an associate instructor/Khun Kru under Grand Master Ajarn Chai and is the South Carolina, Greenville Branch representative for the World Thai Boxing Association. Sifu Raja is also a Guro under Guro Danny Inosanto and Dan Medina and integrates this art of weaponry skills into his FMA classes. He is a fantastic instructor. I trained with him for several years

in addition to my lessons with my Sifu. We would train Wing Chun, Kali, and Muay Thai. He is a talented instructor & fighter known as The Fighting Dragon and for good reason.

**To learn more please visit [RajaMarialArts.com](http://RajaMarialArts.com)**

## SIFU JASON LAPORTE



Sifu Jason LaPorte is a black belt under Sifu Al Zepeda. He was named Searching Dragon. He is a great instructor and a keen observer, always looking for deeper meanings and more efficient and effective ways. He is a talented craftsman, making some of the finest Wing Chun Wooden Dummies and Long Poles. In addition to training with Sifu Al and Sifu Harun for many years, I also trained with Sifu LaPorte. The combination of training with all three instructors was an amazing gift.

While at Sifu Al's, I was also able to learn from Sifu Mike Wood, Sifu Antony Zepeda, and Sifu Charlie Schultz. I was blessed to learn so much and continue to learn every day.

## MASTER CHOW



Master James Chow is a talented Kung Fu Master, training martial arts for over 60 years in Hong Kong. During the 1960's, he studied Shaolin Black Tiger under Master Wong Chuen. He also practiced Lion Dancing and Tibet "Hop Ka", from Master "Sing Long", a Tibet Monk. After that, he was granted the opportunity to learn Taoist Qigong becoming the only known disciple of Master Tsui Pak Wang, who was the most famous Qigong healer in all of Hong Kong. This system is divided into 11 forms. The first three are breathing forms, while the remaining eight are moving forms. Coming from Hong Kong, Master Chow considers Wing Chun to be one of the most advanced systems of combat ever developed. We traded lessons, his Qigong for my Wing Chun. He is a gifted master.



## SIFU/GURO/SENSEI ALAN BAKER



Sifu Alan Baker is a high-performance coach, an internationally recognized martial artist, & a self-defense expert. He has been training since 1981 and teaching since 1990. He has 40 years of experience in the arts. In 1999 he was inducted into the WHFSC International Martial Arts Hall of Fame. In August of 2007, Mr. Baker was awarded the rank of 7th Degree Black Belt by the International Martial Arts Headfounders Grandmasters Council. He has also been recognized for developing the Warriors Path Physical Fitness Program, the founder of the Civilian Tactical Training Association, and the author of *The Warriors Path*. In addition, Sifu Baker helps promote many masters in our family like Erik Paulson & Sifu Francis Fong with the expertise & partnership of Sifu Bob Burgee with EDGES2, INC.

To learn more please visit [AtlantaMartialArtsCenter.com](http://AtlantaMartialArtsCenter.com)

## CHIEF INSTRUCTOR JEFF JOHNSGAARD

Founder /Chief Instructor at Natural Tactical Systems.



In 2009 and until his premature death from cancer in 2011 Paul Castle the creator of the CAR System Center Axis Relock (famous among elite military fighting forces and made popular through John Wick Movies), declared Chief Instructor Jeff Johnsgaard to be the official heir to the CAR System. Jeff has proudly continued to forward the CAR System both in technique and in instructional framework to this day. The latest evolution of CAR is his 360° CQD (Close Quarter Defense) training. This is much more than just the CAR System and offers firearms and physical skills along with specific teaching techniques to aid learning and retention. He is also the International Director of Training for Datu Kelly S. Wordens combatives method, Natural Spirit Int'l /Worden Defense System.

**To learn more please visit [NaturalTactical.com](http://NaturalTactical.com)**

## GURO/AJARN/SENSEI/HEAD TRAINER GREG NELSON



Coach Greg Nelson has been the Head Trainer of 3 UFC World Champions including Brock Lesnar. He is a 4th Degree Black Belt under Pedro Sauer Gracie Jiu-Jitsu, NCAA D1 Wrestler for U of MN, 6th Degree Muay Thai Black Belt (Ajarn) under Grand Master Surachai "Chai" Sirisute of the World Thai Boxing Association, Modern Army Combatives–Level 4, Full Instructor in Kali & Jun Fan JKD Concepts and Level III Instructorship in Maphilindo Silat under Guro Danny Inosanto, earned Advanced Level Student in Shooto Wrestling under Sensei Yurinaga Nakamura, and is a certified Full Instructor in Combat Submission Wrestling (CSW) under Erik Paulson.

**To learn more please visit [TheAcademyMN.com](http://TheAcademyMN.com)**

## SIFU/GURO/SENSEI NINO PILLA



Guro Nino is an acclaimed international instructor in martial arts, stunt double, and fight coordinator, in addition, a very good friend of mine. You would never know or suspect his professional accolades and many accomplishments by talking to him. Guro Nino is certified by Bruce Lee's own protegee and friend, the legendary Guro Danny Inosanto, a certified instructor under the late great Larry Hartsell, known for his JKD grappling expertise and also trained by Ajarn Surachai Sirisute (Ajarn Chai) of the World Thai Boxing Association. The Nino Pilla International Academy of Martial Arts (NPIAMA) is true to its name offering a range of styles that cover all of the five ranges of combat, ranging from weaponry in the Filipino martial arts to the more mainstream kick-oriented Taekwondo,

Muay Thai and to the very obscure Maphilindo Silat. More recently and very notably, Guro Nino's expertise was used by Warner Bros with the Hollywood juggernaut using his martial arts coaching skills for one of the biggest blockbuster martial arts fantasy films of 2021, *Mortal Kombat*.

**To learn more please visit [NinoPilla.com](http://NinoPilla.com)**

Please also check out our other Amazing Family Members:

GURO COOKIE VASSILIOU at [www.ProgressiveMartialArts.com.au](http://www.ProgressiveMartialArts.com.au) &

GURO DANIEL LONERO at [www.Xtma.org](http://www.Xtma.org)

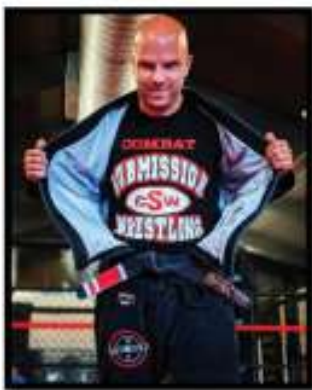
### PRO FIGHTER PEARL GONZALEZ



I've had the pleasure of working with some of the top fighters in the world during their training and before and after their professional fights before to perform optimally and after to heal optimally. I consider Pearl, a dear friend that I highly respect for her drive, dedication, and personal mission to inspire young women all over the world. There is no greater gift than empowering others, and that is Pearl's gift to this world. Known as "The Chi-Town Princess," she is a huge sensation from Chicago, Illinois. I've never seen women and girls, young and old, become so inspired by an individual. It is truly amazing to see and witness live. She is a gifted and intelligent fighter and a talented announcer, commentator, and public speaker. I'm excited for her future and how she will encourage and empower women to be who they want to be in this world.

**To learn more please visit [PearlGonzalez.com](http://PearlGonzalez.com)**

### PRO COACH RYAN GRUHN



Ryan Gruhn is a great friend and huge part of promoting our family. He began his martial arts training at the age of six in Tae Kwan Do and started studying the Striking Arts (Muay Thai & Boxing), Grappling Arts (Submission Wrestling & Brazilian Jiu-Jitsu) and Weapons Arts (Kali/Escrima/Silat/Arnis) at the age of twelve with Dan Inosanto, Erik Paulson and Surachai Sirisute. He is best known for his fighting in Dog Brothers Gatherings. He has fought both nationally and internationally in Real Contact Stick Fighting events since 2005. He is a Brazilian Jiu-Jitsu Black Belt under Erik Paulson. Other notable instructors of Ryan's include Surachai Sirisute (Muay Thai) and Marc Denny "Crafty Dog" (Dog Brothers Martial Arts /Filipino Martial Arts). He is the only person to simultaneously hold the title of "Ajarn" in Muay Thai (Black Arm Band), "Guro" in Dog Brothers Martial Arts (Black Dog Tag) and "Professor" in Brazilian Jiu-Jitsu (Black Belt).

**To learn more please visit [RyanGruhn.com](http://RyanGruhn.com)**

### PRO COACH CHRIS CROSSAN



Chris Crossan is such an inspiration. The ex-hooligan and hustler from the streets of Northern England, Turned National and International 'No Holds Barred' Catch-as-Catch Can Wrestling Champion. He is a straight-shooting inspirational sensation and author of *You're F<sup>l</sup>cking Lucky*. He is a 2nd degree Black Belt in Brazilian Jiu-Jitsu under Sensei Erik Paulson, CSW Coach, Kickboxing Black Belt, Judo Black Belt, Owner and founder of Legit Pro Wrestling School, English Open Fighting Champion, KSBO Champion, Gold Medalist Gracie European Invitational, King fo the UK Wrestling Booth Heavyweight Champion, British Catch Wrestling Champion, World Open Silver Medalist, and overall Great Guy!

**To learn more please visit [LegitProWrestling.co.uk](http://LegitProWrestling.co.uk)**

## PRO COACH BELTON LUBAS



Belton Lubas is an inductee in the Masters Hall of Fame 2019 for Filipino Martial Arts. He is a Kru Yai in Muay Thai under Ajahn Suchart Siam No. 1. Founder of Warrior Strength Muay Thai. NSI (Natural Spirit International) Black Belt & Senior Instructor. Worden Defense System Black Belt & West Coast Training Director for NSI. Renegade JKD Black Belt & Senior Instructor. Balintawak Guro Full Qualified Instructor Level 7 under GM Bobby Tobaoda. Tuhon 5th Hayden In Pekiti Tirsia Kali and a Direct student under Grand Tuhon Leo Gaje II. Piper Knife Instructor. Guro Modern Cimande. Combatives Instructor. Brazilian Jiu Jitsu brown belt Coach. Tuhon or Guro Belton is a Lifelong Martial Artist who exemplifies a martial Artist who truly embraces being a master of his craft and yet opening his mind and heart to that of a student who is always learning. His passion for what he does is

evident in his students and instructors who represent him, the arts, and the Grandmasters who have entrusted him with the arts. Today Coach Belton trains many pro fighters preparing them and cornering them, giving them a tactical advantage. I am so proud to call him Brother.

**To learn more please visit [WarriorStrengthMartialArts.com](http://WarriorStrengthMartialArts.com)**

