



#VDJKD
RON BALICKI'S
JUN FAN JEET KUNE DO
Sugg Retail: \$699.99
SPECIAL PROJECTS: \$499.99

FIGHTING WITH THE SABER & CUTLASS

"Fighting with the Saber and Cutlass" is really not for people who are only interested in gaining dexterity in sport fencing or to learn the superficial choreographic techniques used for stage and screen. There are plenty of resources available on the market for learning those skills. This DVD set is designed as a serious, straightforward, and focused course dealing solely with the combative use of the saber and cutlass.

The series begins by illustrating how to properly oppose an opponent who is armed with a weapon that is similar to your own. This is the best way to build the necessary foundation of skills, techniques, and eye-hand coordination that will allow you to oppose a wide spectrum of adversaries who are armed with all kinds of street weapons.

After learning and refining these basic skills you will be ready to progress to the seldom taught subjects of infighting, grappling, and brawling with a saber. There is even a section on how to throw a saber with great effect in a combat situation.

COVERED TOPICS

- Gripping Methods
- Ready Stance or On Guard Position
- Footwork Methods
- Fighting Ranges
- Seven Primary Cutting Methods
- Five Primary Thrusting Methods
- 8 Essential Parries
- Cut, Thrust, and Parry Drills
- Ripostes
- Combat Strategy
- How to Recognize and Create Openings
- Infighting
- Grappling
- Brawling
- Throwing the Saber or Cutlass

#VDFSC
FIGHTING WITH THE
SABER & CUTLASS
Sugg Retail: \$199.99
SPECIAL PROJECTS: \$159.99

NEW

NEW RON BALICKI'S JUN FAN JEET KUNE DO INSTRUCTOR SERIES

VOLUME 1-2 (Beginning):

- Stances, Footwork, Basic Kickboxing & Defense
- Introduction to Trapping Drills & Entries
- Ung Moon (5 Gates) & Wooden Dummy #3 & #4

VOLUME 3-6 (Intermediate):

- Intermediate Focus Mitt Drills, Sidekick Counters & Focus Mitt Trapping
- Trapping Sectors, Praying Mantis Drill, Don Chi Sao (Single Sticky Hand), Chi Sao (Double Sticky Hands)
- Loy Pac Sao, Biu Gee, Jow Sao & Ping Choy Gua Choy Series
- Si Lum Tao & Wooden Dummy #1-6

VOLUME 7 (Advanced):

- Advanced Focus Mitt Drills
- Advanced Biu Gee, Jow Sao, Double Pac Sao & Ping Choy Gua Choy Series
- Advanced Reference Point Drills
- Grappling, Chi Sao (Double Sticky Hands) & Wooden Dummy #1-9

VOLUME 8 (Instructor):

- Jow Sao Series (The Helix)
- Split Entries Focus Mitts
- Chi Sao Instructor Level
- Wooden Dummy #1-10

SPECIAL FEATURES:

- Sifu Dan Inosanto Teaches
- Extra Footage of Ron Balicki (demos, etc.)



NEW

RUBBER TRAINING KNIVES

Now you can practice with some of our most popular knife designs, in relative safety, with our rubber training knives. We have rubber training versions of our Peace Keeper™ I, the R1 Military Classic, Recon Tanto, and the Black Bear Classic. Each has been carefully fashioned to look as realistic as possible so they can be effectively used in solo practice, training drills, disarm drills, and demonstrations and any other activity where you want a reasonably close approximation of realism but not the extreme danger and risk associated with an actual knife. The Santoprene rubber blades are soft enough to prevent the likelihood of most bodily injury. They do however, have a level of firmness that might cause injury to the face or the eyes, so it is recommended that appropriate eye protection or a fencing mask is utilized at all times when using a Cold Steel® rubber training knife.

#92R13RT
RUBBER
TRAINING
RECON TANTO

#92R14R1
RUBBER
TRAINING
R1 MILITARY
CLASSIC

#92R10D
RUBBER
TRAINING
PEACE KEEPER I

#92R14BBC
RUBBER
TRAINING
BLACK BEAR
CLASSIC

SPECIFICATIONS: RUBBER TRAINING KNIVES

	WEIGHT	BLADE	OVERALL
RECON TANTO	3.1 oz.	7"	11¾"
PEACE KEEPER I	3.2 oz.	7"	12¼"
R1 MILITARY CLASSIC	3.2 oz.	6¾"	11½"
BLACK BEAR CLASSIC	3.7 oz.	8⅞"	13⅞"

RUBBER TRAINING KNIVES
Sugg Retail: \$9.99 each

SPECIAL PROJECTS: \$7.99 EA

NEW

NEW
BOKKEN

Hundreds of years ago, the Japanese discovered a simple truth; that to become a good swordsman you'll have to practice, a great deal. To become a great swordsman you'll have to practice with a "live blade". And during the period between 'good' and 'great', you should spend your time building your skills and confidence enough to wield a razor sharp Katana safely and effectively.

To accomplish this, the Japanese relied on a simple wooden sword called a "Bokken" for much of their training. It was made from the super tough wood of the Japanese Green Oak tree, a wood they called Kashi. The swords produced from this wood had the advantage of replicating the size, weight and feel of a steel sword, while minimizing the possibility of causing grievous or permanent injury to those who used it.

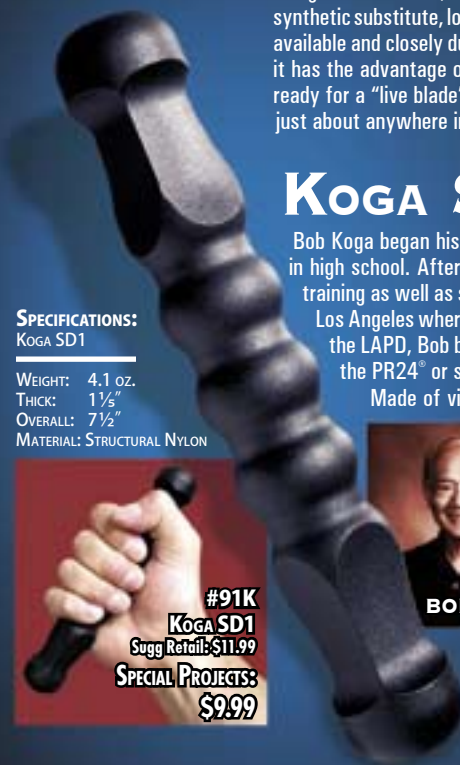
Authentic Kashi wood Bokkens are still used today, but are becoming quite costly. They also have the disadvantages, being made of wood, that they may rot, crack split or splinter. Cold Steel's solution to these dilemmas was to design a synthetic substitute, low in price and impervious to the elements. Our Bokken is made of the heaviest grade polypropylene available and closely duplicates a real Katana in length, size, weight and feel. And while it is not quite as rigid as wood, it has the advantage of being virtually unbreakable as well as remarkably stiff and cut resistant. And, when you're ready for a "live blade", your Bokken is still a great candidate as a "last ditch" hide out weapon that can be hidden just about anywhere inside or outside your house.

KOGA SD1

Bob Koga began his martial arts career at an early age beginning with Judo at 12 and moving on to wrestling in high school. After graduation Bob joined the Air Force and, while stationed in Japan, he resumed his Judo training as well as studying Jiu Jitsu, Jo-do and Akido. After finishing his stint in the Air Force, Bob moved to Los Angeles where he joined the LAPD and served with great distinction for 25 years. During his tenure with the LAPD, Bob became widely recognized as an outspoken proponent of the straight baton as opposed to the PR24® or side handle baton (currently popular in departments across the land).

Made of virtually unbreakable plastic, the SD1 can increase the ability of the average person to defend himself several times over. With proper training, it can function as a fantastic aid in leverage when obtaining joint locks or submission holds. But where it really shines is as an intermediate impact tool. You see, police and civilians alike face a perplexing dilemma when contemplating employing fist or baton blows. Blows struck with the fist may be too weak, or worse, result in a broken hand, while blows struck with a baton may be too powerful resulting in grave injury or even death. The SD1 however, solves this problem, neatly bridging the gap by concentrating and magnifying the effect of hand blows while minimizing

the likelihood of permanent injury or death. If you're looking to expand your continuum of force options in a self-defense situation, we heartily suggest you buy a Koga SD1.



SPECIFICATIONS: KOGA SD1

WEIGHT: 4.1 oz.
THICK: 1½"
OVERALL: 7½"
MATERIAL: STRUCTURAL NYLON

#91K
KOGA SD1
Sugg Retail: \$11.99
SPECIAL PROJECTS: \$9.99



BOB KOGA

SPECIFICATIONS: BOKKEN

WEIGHT: 17.7 oz.
THICKNESS: 1"
BLADE: 30"
OVERALL: 41½"
MATERIAL: POLYPROPYLENE

#92BK
BOKKEN
Sugg Retail: \$29.99
SPECIAL
PROJECTS: \$23.99