

WORLD OF MARTIAL ARTS

A stylized, high-contrast illustration of a martial artist, possibly a woman, in a dynamic pose. The figure is rendered in dark, bold outlines against a light, textured background. The artist is in a low, wide stance, with one leg extended forward and the other bent. The arms are raised, with one hand near the head and the other near the waist. The overall style is reminiscent of traditional Japanese woodblock prints or modern graphic design.

GARY N. BYKOV

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PublishAmerica
Baltimore

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Introduction

I chose to write this book for many reasons including personal ones. Myself having lived part of my life trying to piece together all the proper or most proper ways of training I realized the need for a most comprehensive book that just answers all the issues, questions, concerns a practitioner may have. Also I try to bring the truth and proof shows I chose to “spill” some of the truth nothing for me as my unique Martial Arts practice is unmatched and has its own angles and so on possible to be done right by me only still I gained so much popularity, prestige as there are lies everywhere about everything. But .000001 percent of the truth and I am on top of the world, have no doubts about that. In general I know certain things and know I would rather see some good action, of proper kind on TV, when attending various exhibitions and also wish to train with good people so I have no problem with this knowledge being made possible.

I am happy to state that this is the book one must have, must read and even keep around to use as reference all the time as the next best thing to any religious texts or whatever texts are

sacred to you based on your religion, respectively. I do in fact reiterate that I recommend having this book with you everywhere, all the time.

Soon you will encounter a section about my own past and you will see why I started writing this book at a Brown Belt, well below being a Sensei, Sifu, Sabum and any other terms for Martial Arts Instructors. Actually at the time I got together with various Martial Arts pros and sort of between us I went through various programs of theirs and I am now a Black Belt 1st Degree in Karate, Black Belt in Kung Fu, 2nd to highest Brown Belt in Judo, Black Belt 3rd Degree in Tae-Kwon-Do, expert in Aikido, Jeet Kune Do and Boxing and KickBoxing and many other things but in reality of having started teaching since few months before my 1st Brown Belt in Judo (there are 3 total brown belts before the black belt in Judo in my area) but also having had some minor experience in teaching various things in various Dojo settings (just showing someone forms and that sort of a thing) I hardly need to talk about anything beyond my first Brown Belt in anything. In any case I am now on a 4, 5 year wait while training before black belt 4th degree making me a Sabum and so on in every discipline. So have no concerns knowledge related to you is coming from a very trusted source.

I cover all one needs to know including the proper approach to Martial Arts, training, mindset, philosophy, combat, spirituality and I address all issues one may ever have regarding Martial Arts. In fact I am also at a point of such expertise in certain areas mentioning in many places I had been for years now putting together, creating movements, techniques, moves in Martial Arts, recording them in pencil for myself which don't even exist anywhere yet that I may be looking to make

books specifically covering particular disciplines like Judo, Karate and others.

So I make the Introduction a short one, wish you success and welcome you to a most wonderful community of Martial Arts practitioners. I also wish you inner peace and balance in life and great anticipation of things.

Before There Were Martial Arts

It is often important to realize that there was a time period before there were Martial Arts even invented. This time period is 5,000 years ago and earlier. Believe me so many claims are out there as to the beginning of it all (the invention of Martial Arts).

Having done research but having also considered the oral traditions of events during those times I found that this was a time of greatest importance. I have had friends from Israel, India, Middle-East, Egypt, you name it all claim various inventions of various moves, techniques in their places at various times leading up to the 5,000 years ago Shaolin Temple get-together which addressed need for a comprehensive fighting system and it was made then.

Armies existed at that time, Empires existed, ancient police forces and criminal structures existed. Basic concept was born then to use parts of body to strike, damage the opponent. Weapons like those in use for Martial Arts were used including swords, spears, many others. Obviously fencing, sword and

weapons training was on pretty high levels back then too with many excellent examples of this out there.

I found that basic concepts of modern-day grappling arts or disciplines existed and it is safe to say that punching, kicking, grabbing, pulling, holding down an opponent were practiced and used as a norm. Refer to old-style movies about the Hercules-types or bodybuilder types in ancient times using basic strength and various moves to grapple, fight. This is my favorite time period for many reasons to use as a reference with my students and friends. You see, most direct styles of use of the human body were in use then unlike ever since. In fact the whole fighting unarmed combat was the ancient boxing, basic kicks, grappling, ancient style and ancient fighting styles which did exist. In fact the human race then depended a lot more perhaps on use of the natural ability of the mind and body to do whatever they could unlike that since the Martial Arts and we depend now on the spelled-out systems if we need to know what to do. I should at this time mention the use of deception I found runs out of control today. As one realizes that Martial Arts was invented many took care to make sure they would always control the scene when it comes to Martial Arts. Generals, warlords, Senseis, and Sifus and Sabums and by whichever other name do Martial Arts Instructors go showed, introduced, taught to many they perceived to be enemies many wrong ways in the practice of the Martial Arts. As people tried to beat the competition much disinformation took place and even Teachers of the Arts would make sure to never show all their secrets to students who may wish to turn things against the Teacher one day in revenge or to get them back for disciplining them the nature of the Martial Arts was and is concealed, hidden, hard to get at to the point many moves were invented to cover up for what is the reality.