

I.R.C.A Sinkenpokai



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(C.V) Curriculum Vitae of Grand Master Al-Haj Abdus Sobhan,

I.R.C.A Sinkenpokai Representant in Bangladesh

Chief Coach & Chief Examiner

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Al-Haj Abdus Sobhan, the Ex-Vice President of Bangladesh Judo & Karate Federation and Founder President & Chief Coach of Sobhan Martial Art Training Centre. This supremely talented & the gem of Martial Art was born in 1952, in Meherpur District of Bangladesh.

His father Al-Haj Md. Razaul Haque was a benevolent social worker and a businessman.

Mr. Sobhan is one of the brilliant and renowned masters in the world of Martial Art who has achieved 4th Dan in Judo and 8th Dan in Martial Art Karate. Besides, he participated numerous national and international tournaments and competitions and gained many distinctive awards and accolades.

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Mr. Sobhan, From his early childhood has ample aptitude in the technique of camouflage and his passion for Martial Art helped him to develop his skills gradually. He believes that, “Service to humanity means service to God”. That is why, after having high reputation in Martial Art, he begun to train up youngsters of the country and established “Sobhan Martial Art Training Centre” in his name in the year 1978.

Due to his high popularity and reputation, he became an idol in the field of Karate and Judo in Bangladesh and a handsome number of trainees take training at his training centre. This training program provide training of fighting, exercise, advance techniques and styles of global Martial Art. More than many thousands of trainees take training from “Sobhan Martial Art Training Centre”. As the founder and chief coach Mr. Sobhan holds an amazing and influential image among the youngsters and sports societies. He is also very popular and admired for his different philanthropic activities in the society.

He is a person who his whole life to the craft and who reaches a level of excellence that surpasses the average practitioner. Grandmaster Al-Haj Abdus Sobhan visited many countries for participating numerous competitions. Among them, Asia and Africa continent, all over the Europe, Central America, Latin America, and Caribbean along with Masco (Soviet Union) & Mexico are noteworthy. Here are the names of the tournaments:

1. Judo & Karate federation Cup Competition.
2. National Karate Tournament.
3. Bangladesh National Judo & Karate Tournament.
4. Ocho sports Tournament of World Cup.
5. Martial Art Tournament.
6. Martial Art Arm Show Competition.

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7. Bangladesh Inter club Martial Art Arms Tournament.

8. Bangladesh Games.

9. Asian SAF Games.

10. South Asian games.

11. Ocho world cup.

12. South Africa cup.

As a prominent promoter of Martial Art in the country he is trying to impose this art in the curriculum of education system of the country. In this connection he has taken some pragmatic to visit various countries with his team of trainees and executives just to enhance views and education and develop techniques and advanced styles.

His visit program was also appreciated by all concern quarters. He demands necessary assistance from all concern authorities in this regard.

8th DAN - Black Belt - West Indies

7th DAN - Black Belt- U.S.A

7th DAN - Black Belt Shotokan- Italy

7th DAN - Black Belt Nippon Martial Arts- Japan

6th DAN - Black Belt Karate Do- Greece

6th DAN - Wakazamurai – Turkey

4th DAN - Black Belt Karate Bujutsu – Poland

4th DAN - Black Belt – Germany

COUNCIL MEMBER:

INTERNATIONAL GRANDMASTER COUNCIL-U.S.A

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INTERNATIONAL COMBAT UNION- LONDON, U.K

GRANDMASTER AL-HAJ ABDUS SOBHAN
Founder, President & Chief Coach
SOBHAN MARTIAL ART TRAINING CENTRE
AEROBICS FREEHAND, EXERCISE & SLIMMING CENTRE
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ভর্তি চলছে! ADMISSION GOING ON!
মার্শাল আর্ট, কারাতে ও এ্যারোবিক্স,
ফ্রীহ্যান্ড এক্সারসাইজ & প্লিমিং সেন্টার
মহিলাদের জন্যে মহিলা শিক্ষিকা
মহিলাদের প্রশিক্ষণের সময় কোন পুরুষ ভিতরে প্রবেশ নিষিদ্ধ
স্থানঃ রুশ বিজ্ঞান ও সংস্কৃতি কেন্দ্র, ঢাকা
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A technique can not be trained in a realistic way, when the attack is not realistic or not adapted to modern streetfighting! © Gilbert Claes

I have posted this saying last week on FB. As over the years I noticed that 90 pct of martial arts Instructors are teaching Self Defense in a way that is not realistic in the street. I am not talking when teachers are teaching Martial arts as an Art, but when they teach it as Self defense. The Internet is full with video clips of unrealistic Self Defense, unarmed and armed. Some of them really makes me sick! These guys ruin our fame, and destroy what we have to offer.

F.e. I love watching Aikido, as an Art. But lately I watched a clip where an Aikido teacher was telling that it was one of the best Self Defense styles. His student was attacking as mostly in Aikido with chop hands from above to under, or with grasp to his hands or wrists.. Of course his techniques works in that case..as the student almost flew without being touched. Give me 10 seconds with that guy, and I swear he will not realize how fast he will be knocked out. It is not the Diversity of the techniques that count in Kenpo, but the reality of the attacks. Have a look at street

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fights on the internet. Most of the attacks are: roundhouse swings, jabs, or take downs by catching and raising the victims both legs. Depending in which country the clips were made, there are also attacks from knives, machetes or guns.

And then you watch how instructors show techniques against knives and guns. Most of them: SIC!!!

You only have one chance against attacks...if you spoil that one, it can get you killed!

Pak Loang Kenpo Graphic



On behalf of our IRCA President Mr. Oleg Sheprut, the IRCA Board and all IRCA members, we welcome 3 new IRCA Representatives:

 for Belgium: Yves Buekenhout, 5th Dan

 for France: Eric Martin, 7th Dan

 for Mexico, Erick Alfaro, 6th Dan

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Some Ridiculous Martial Arts Myths You Won't Believe Are Real:

Grabbing Arrows Out of the Air

One of the more common ninja myths involves seemingly superhuman martial artists plucking real arrows out of the air. Obviously that's ridiculous -- arrows are effective solely because they're too fast to dodge. They're like a bullet's slow-witted, well-endowed cousin: not quite as quick, but just as effective where it counts. But Anthony Kelly, who calls himself a "reaction man," begs to disagree: He holds the Guinness World Record for being able to catch the most arrows in two minutes. So what is that -- like, two arrows, with his torso?

Nope. Kelly snatched a total of 33 arrows out of the air.

Kelly says he started catching arrows in 2000 as part of an annual "martial arts night" he put on at his New England Martial Arts Center. (Because when you think "hotbed of ninja activity," you think "New England.") From there, Kelly became the go-to guy when it came to grabbing sharp things out of the air for martial arts demonstrations, county fairs, and drunken boasts. He was even brought in by the MythBusters to test a whole slew of ninja myths. And when it came time to catch the arrow -- fired by trained shooter Jamie Hyneman (of course he's an archer; just look at that mustache) -- Kelly plucked it out of the air like a pro, right there on camera.

If you want to try the stunt yourself, just follow these three easy steps: First, find a professional and accurate bowman to fire the projectile. Second, snatch wildly at the arrow hurtling at you faster than the human eye can see. Third, bleed profusely.

Drunken Kung Fu -- Not Just for Your Older Brother Anymore!

Jackie Chan once starred in a Hong Kong action flick called *Drunken Master* in which he wielded the deadly art of intoxication. Seriously, he spent the whole movie getting spread-eagle drunk, and that somehow enabled him to kick even more ass. That is easily the least plausible of all Jackie Chan film premises -- and we're including that time he had a superpowered robot tuxedo. Shockingly, drunken kung fu is a legitimate martial arts style -- it's just that you're not supposed to actually be sloshed to use it. Every technique involves merely acting like a sloppy drunk so as to appear more vulnerable to your attacker. When you lure him in with all your swaying and stumbling and off-key renditions of "Build Me Up Buttercup" -- that's when you strike. There are three types of technique that make up the bulk of drunken kung fu: drinking movements, waist movements, and falling movements. (Funny, we call them "the three stages of a Tuesday night.") These techniques, while looking like mere boozy gesticulations, are actually all disguised versions of basic attacks and evasions. This serves a two-fold

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purpose -- to confuse and surprise your enemy, and to instill within him a crippling and lifelong instinctual fear of happy hour.

There's also drunken *monkey* kung fu, which is impossibly even more terrific than what you're picturing in your head right now. The style was developed by a convicted murderer during a 10-year prison stint, which he devoted to studying the various personalities of monkeys. (Hey, between "watch monkeys fight" and "get your GED," we think he made the right call.)

The One-Inch Punch

In *Kill Bill Vol. 2*, Uma Thurman's character is buried alive. She's an incredible martial artist, but the problem with lying on your back in a tiny box is that there's not much room to maneuver. The Bride has about 3 inches of striking distance between her fist and the coffin's lid, but she's so badass that she just punches her way out anyway. Total bullshit, right? Try it: Find something soft 3 inches away from your hand and smack it as hard as you can. Now, apologize to your slightly inconvenienced cat and carry on with the knowledge that it is impossible to harm something with your bare hands and 7 centimeters of range.

You'll bleed from the cat scratches, not from the impact.

The truth is actually more incredible than the movie. Turns out Uma had distance to spare: You only need one angry inch to shatter a board.

Bruce Lee perfected the technique, rather uncreatively called the one-inch punch, because he was a fighter, not a wordsmith. Lee proved the legitimacy of the move on several occasions, demonstrating both in front of (and upon the asses of) cynics.

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And lest you think this was all rigged (although we wouldn't say that out loud if we were you; Bruce Lee may be dead, but that is a haunting you do not want to risk), the History Channel recently filmed a Shaolin monk demonstrating the power behind the one-inch punch on a crash test dummy. They concluded that "a 30-mile-an-hour car crash would be less injurious" than the blow.

That's right: One inch of monk is twice as powerful as a car crash.

To all IRCA representants: I would really appreciate more input from your sides to assist me in regards to the newsletter. Please send me stories, events, your CV's, or anything related!

Thank you,

Gilbert Claes

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On behalf of the IRCA Sinkenpokai, we wish you
all happy summer holidays.



Please send all articles, info on courses and seminars or competitions to

claes@selfdefense-studio.net