

IN TOUCH

IN THIS ISSUE

Jiu Jitsu in the Movies

Get Rid Of Your Bad Mood

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Daniel Williams,

Jiu Jitsu in the Movies: The Good, the Bad, and the Ugly

by Frank Marinello - Anyone who has taken jujitsu at Crazy 88 BJJ knows that the movies are not the best place to find quality techniques. Movies like "Never Back Down" offer less than stellar examples of our chosen martial art with downright embarrassing errors. Here's a few examples of jujitsu slipped into film's of varying quality. Check them out!

The Good:

Blood on the Sun (1945) - Perhaps one of the first examples of jiu-jitsu on screen! In a great fight scene, James Cagney as the film's lead hero "Nick Condon" does battle with a skilled foe. After several throws, Cagney does one of the first arm-bar attempts ever on the silver screen! After a bit more scrapping, Cagney proceeds to choke his opponent with a lapel choke from the back position. Who says you can't attack someone's suit jacket just like a gi?

Way of the Dragon (1972) - Bruce Lee finishes an epic battle with opponent Chuck Norris with a standing guillotine. Jujitsu purists out there will be quick to note that this was actually an "arm in" guillotine with Lee locking his hands around Norris' right arm as well as his neck. Good thing Chuck Norris didn't have his beard back then.

Lethal Weapon (1988) - In the final fight scene, Mel Gibson as "Riggs" defeats his opponent with a hard earned triangle choke. Choosing good technique, Riggs pulls his opponent off his knees onto his side, and is able to finish the fight without even having to pull down on the head. A tight triangle to finish a great movie.

Casino Royale (2006) - James Bond dispatches a machete-wielding African dictator with a quick Rear Naked Choke. 10 points for you white belts who shouted out "Don't cross your feet!" at Bond during this fight scene. If that dictator had known the counter for when someone crosses their ankles while on your back, maybe he wouldn't have met such a tragic demise.

The Bad:

Blade Trinity (2004) - Vampire hunter Hannibal King, played by Ryan Reynolds, sweeps his vampire attacker before applying a harsh armbar and then swinging right to omoplata position. King breaks his opponents arm by pushing the trapped arm forward with a harsh crunch. Too bad vampires are so quick to heal out online.

Continued on back...



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Get Rid Of Your Bad Mood

What do you do if you're at work and you feel a foul mood taking over? A recent study suggests that maybe you should get outside and take a walk—especially when it's sunny. A study of 600 persons in the United States reported that spending a little time outside on a nice day really can make a difference in how you feel.

While weather is just one of many factors that can affect mood, it really can make a difference. So if you're having a tough day at the office, you may want to get out for a stroll in the sun.



From the desk of
Julius Park

Writing this during the 2010 Snow-pocalypse that has imprisoned us all within our homes.

Just got back from Europe where we completed a whirlwind tour of London, Paris, and Lisbon. The official reason for the trip was of course the European Open BJJ Championship, which is the biggest competition across the ocean.

The team did great (71%) and more importantly, gained valuable experience for the 2010 season.

We have been going at a blistering pace so far (we've had more "event" weekends than non so far including some double-booked Saturdays) and there is no slowing down yet.

Currently, we are working on the After School Martial Arts Program (3-5 pm) and the Attendance card system. As soon as that is done, we will be adding in the Junior Kids classes (10-13 y/o). And of course, we have the Houston International Open and the Pan Ams coming up and the next round of Muay Thai & MMA Smokers!

Jiu Jitsu in the Movies: The Good, the Bad, and the Ugly

continued from interior...

The Bad:

Kickboxer 4 (1993) - Jiu-jitsu's own Machado brothers make an appearance in this not quite stellar sequel of the Kickboxer series. In a scene pitting brother versus brother, Rigan does his signature armbar by running up his brother's body and returning him to the mat with a movie style "snap". A great arm-bar for everyone except the recipient, JohnMachado.

The Ugly:

In Hell (2003) - Van Damme teaches some valuable jujitsu lessons as prisoner Kyle Leblanc during this straight to DVD classic! Van Damme pays for a bad arm-bar attempt by being slammed to the ground twice by his massive opponent. He regains the upper hand by using his leg to lock a "key lock" on his opponent's arm from the side control position. Maybe just skip this movie and check the fight scene

Keep an eye out for more on-screen jujitsu gems.

Note: All film and character details were taken from the Internet Movie Database (IMDB.com)