

BLACK BELT

DR. LAURA ON THE MERITS OF MARTIAL ARTS

# BLACK BELT®

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# essential GEAR

## DIEGO SANCHEZ MMA SHORTS

They won't make you fight like the champ, but they're guaranteed to make you look almost as cool. They're called the Diego Sanchez Warrior Gold and Black Shorts, and they're available from Tapout. The color is, duh, gold and black, the fly is Velcro and the signature on the left leg is a carbon copy of Sanchez's. A pair will set you back \$58. (888) 827-6884, <http://www.inyaface.com>



## KI IN DAILY LIFE



## GUIDE TO INTERNAL ENERGY

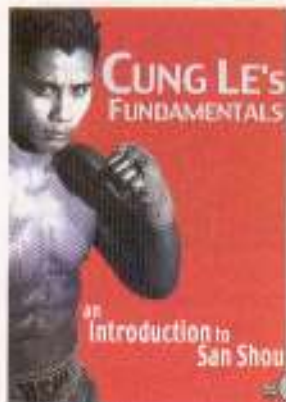
Martial artists often mention the power of *ki*, but few understand the philosophy behind it. In *Ki in Daily Life*, Koichi Tohei shares his experiences in *aikido* and in life. Topics include unifying the mind and body and using *ki* to augment martial arts practice. The 140-page book, published by Kodansha America, lists for \$18.

## ECLECTIC MARTIAL SKILLS DVD

*Softwork* is a 195-minute DVD from Scott Sonnon, a former sambo champ who's conducted extensive research into methods that will enable students to master the grace and skill of the martial arts. He teaches striking, kicking and grappling, as well as defense against a knife and stick, the truth about the flinch reflex and more. It lists for \$89.95. (678) 393-0142, <http://www.rmax.tv>



## CUNG LE'S FUNDAMENTALS



## CUNG LE ON SAN SHOU

If you want to be a *san shou* champ, *Cung Le's Fundamentals* is a great way to start. The 60-minute DVD features the *Black Belt* Hall of Fame member's take on basic skills, stretches and required gear. Also covered are the most popular techniques: punches, kicks, catches, takedowns, sweeps and throws. It costs \$29.99. (408) 729-4900, <http://www.cungle.com>

## SHAOLIN WISDOM ON PAPER

In *The Shaolin Action Principles: Character Building Wisdom*, Bill Fitzpatrick presents 100 "calls to action" for martial artists. Based on ancient Shaolin philosophy, each timeless principle will inspire and motivate practitioners from any era. Subjects encompass goal-setting, fitness, developing a positive attitude, courage and discipline. The book has 128 pages and sells for \$10. (800) 585-1300, <http://www.success.org>

