

RESISTANCE TRAINING FOR COMBAT ATHLETES

MARTIAL ARTS LEGENDS PRESENTS

# GRAPPLING

THE #1 MAG FOR MARTIAL ARTS!

## Andre Galvao

BJJ Champ Reveals Success Formula

## COUNTDOWN TO UFC 54

4 HOURS WITH FRANK TRIGG

## Pride Bushido



HAWAIIAN BEAUTY

RING GIRL OF THE MONTH!

## UFC 55

Arlovski vs. Buentello  
Griffin vs. Sinosic  
Babalu vs. Sonnen

## CHAOS, NERVOUSNESS, PRESSURE

Inside the Octagon with MMA's Ivan Salaverry



February 2006 • CC03262  
U.S. \$5.99 • Canada \$7.99 • UK £3.95  
WWW.CFWENTERPRISES.COM

## BJJ WINNING TIPS

Cross-Training with Paulo Guillobel  
Fueling Desire with Jake Shields  
Nutrition with Ryron Gracie

## PRODUCT CHECK

### Bas Rutten Bas Rutten's Big DVD's of Combat

DVDs/\$114.95

By George Ryan

To say that Bas Rutten outdid himself with his latest instructional mixed martial arts DVD set would be an understatement. The former three-time King of Pancrase champion and former UFC World Heavyweight champion has recently released "Bas Rutten's Big DVD's of Combat." This set consists of seven instructional DVDs that provide more than 12 hours of mixed martial arts lessons.

But, as the title suggests, this collection is more than just a mixed martial arts compendium. Instead, it is a must-buy for all martial arts enthusiasts. This is because it covers topics and contains lessons that are beneficial to all martial artists, not just mixed martial artists or grappling practitioners. Over the course of the seven DVDs, Rutten provides instruction in more than 30 topics. Some of these are warm-ups, conditioning, power training for MMA, striking, ring strategy, Thai pad training, escapes and reversals for the ground, leglocks/escapes, armbars/escapes, chokes and neck cranks/escapes and takedowns/defense. Then, within these topic areas, Rutten demonstrates hundreds of lessons within all the phases of fighting.

- Beyond this comprehensiveness, Rutten's DVDs succeed as instructional aides for martial artists because



of three excellent features. The first is that there are no redundant slow-motion videos of techniques that merely take up time and space on the videos. If you would like to see a particular technique demonstrated again, simply hit the "back" button on your remote control. This allows for more techniques to be featured on each DVD.

- Second, Bas shows you his submission techniques then follows up many of these with his escapes for those submissions.

- Third, each DVD is accompanied by an index card that lists every technique or lesson for that particular DVD. This makes searching for a specific technique or lesson very simple.

So, given the size and quality of this collection, "Bas Rutten's Big DVD's of Combat" easily could be characterized as the encyclopedia of mixed martial arts training and techniques. It is one encyclopedia that every serious martial artist should own.

**Contact Info:** For more information on this outstanding and highly recommended DVD instructional, go to [www.basrutten.tv](http://www.basrutten.tv).



### RMAX.tv Productions Clubbell Training for Circular Strength

Book, DVD and two 15-pound clubbells, \$264.80 (all four items)

**First Impressions:** We lift on a regular basis, so we are not exactly wimps, but these clubs killed us. They are 15 pounds, but they feel like a whole lot more.

**Why They Are Cool:** The back of the CD case says it best: "This video is only for those who wish to go beyond mediocre strength and endurance. It harbors no mercy. As a warrior, we welcome you. As a friend, we warn you." • You can't ignore Scott Sonnon's credentials. Among other things, the author is a former USA National Sambo coach and an internationally ranked champion. • The book begins with a history of Circular Strength Training(TM), which includes use in the military, professional sports and the Olympics. • Sonnon also talks about the club and its role in history, which gives you an enlightening background on your new training device. • In Chapter 3, he talks about the uniqueness of the Clubbell. For example, because of its design, he says the clubs will develop "superior grip strength, as well as lower arm, upper arm and shoulder girdle synergy, stabilization and dynamic flexibility, and extreme range strength." • More benefits are listed on page 73, including ballistic endurance, which is the ability to sustain a long series of explosive bursts with higher levels of activity in between. • He provides breathing tips to enhance performance. • Various exercises test your physical skills, and he rates them (High Difficulty).

**Final Thoughts:** These are going to provide one nasty, sweat-drenching, arm-fatiguing workout. Plus, they enticed everyone. When we took the clubs out of their boxes, everyone wanted to try them. We have some studs here, but these clubs kicked more butts than we care to admit.

**Contact Info:** [www.clubbell.tv](http://www.clubbell.tv) ©