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## Universal System of Real, Instinctive Self-Defense

What is a real self-defense system? What should it teach you?

A real self-defense system must deal with typical threats and real attacks. But what is typical and real? For example, a typical fight does not start with someone charging at you from across the room or street. No, typically the attacker will look at you, get closer, and then do some talking while closing in on you. The purpose of these actions is to size you up and get set up for a surprise attack. A real self-defense system must have techniques to protect you in those situations.

A real self-defense system should also teach you how to frustrate those setups and make them come to nothing. It should teach you habits of angling and positioning

your body so you cannot be surprised. The attacker faced with these subtle cues will get the feeling that you are an “awkward” target or a really smart cookie and will often abandon the attack and leave you alone.

Your defensive habits must be instinctive because things will happen real fast. Sometimes, for example, you will be bumped first and then, depending on your reaction, a sucker punch will follow—or nothing. The attacker will see that you are not where he expected you to be and will go in search of easier game. Should the attacker try to get you anyway, the surprise will be gone. From your position you will be able to deflate or turn against him all his strikes, kicks, headbutts, even grabs.

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## New! The Latest Special Reports on Stretching!

Now you can get more specific coaching on stretching with **Special Reports** from Thomas Kurz. It is like having your own world class trainer for personalized stretching counsel. Special Reports provide an economical consultation with Mr. Kurz. Each report consists of an in-depth article plus Thomas Kurz’s answers to actual questions on stretching from people like you. Get solid, up-to-date and state-of-the-art information that you can use right away to solve your flexibility problems. Each report is packed with use-it-now details so you can become a true expert on stretching.

These reports include extensive real-life examples, explanations, and resources. They answer the questions most often asked by martial artists and athletes of other sports. Each report is the latest word on its subject. For each report Mr. Kurz has combined extensive research with personal experience and condensed it all into a few highly concentrated pages. See the order form on page four for the full list of the reports you can get.

*We thank Mr. Piotr Stabinski, WTF TaeKwonDo instructor from Olsztyn, Poland, for sending us this photo showing the result of using our stretching method.*



## Universal System (cont. from p. 1)

Besides being instinctive, your habits must also be universal. They should not be different for every type of attack. You cannot use a different defense against right punches and left punches, and that defense should not differ much from your defense against kicks because you are not a clairvoyant and you do not know ahead of time what your attacker will do.

The second way in which your defenses should be universal is that after any initial, instinctive defensive move you should be able to stop the attacker in any way you like. If you want to you can slam him against the ground, or put in a painful lock, or break his arm, or punch, or kick.

In *Basic Instincts of Self-Defense*, the Stadion 104-minute video, Pawel Nastula (1995 World Judo Champion) and Magdalena Szewczyk (Poland's Wrestling Champion and Judo Championship Runner-up) end their defenses with grappling techniques. You can do the same or, using the same setups, blitz your opponent with punches and kicks.

In *Basic Instincts of Self-Defense* all attacks against the defender are done at full power. Full force, full speed, on-target strikes and full-strength holds or grabs. **There's no faking, so you see only the moves that work when things are really going bad.** See for yourself!

With *Basic Instincts of Self-Defense* you will learn a complete system. You will learn defenses against grappling attacks, both stand-up and on the ground, and defenses against punching and kicking from various distances.

You will learn fast thanks to the teaching sequence developed by Tom Kurz. All the techniques in *Basic Instincts of Self-Defense* have as many common elements as possible. To learn fast, go through each technique a few times before viewing and practicing the next one. Tom's teaching sequence helps to make your reactions of self-defense automatic, which cuts down on decision making under stress. The fewer decisions, the faster your reactions.

**To order *Basic Instincts of Self-Defense*, use the form on page four or call our toll free number 1-800-873-7117.**

## Fats and Athletes

You need fats in your diet. Twice as much energy comes from fat as from carbohydrates. Your aerobic system depends on fat for fuel. The more energy you derive from fat the more energy you have, the less fat you store, and the more stable is your blood sugar level (Maffetone, P., *Everyone Is an Athlete*. David Barmore Productions. 1990. p. 59).

Fats are a necessary part of your meals. Fats slow down the entry rate of carbohydrates into your bloodstream and thus protect you from sugar highs and the subsequent sugar lows.

Fats in a meal cause release of cholecystokinin, a hormone produced principally by the small intestine that causes release of bile, secretion of pancreatic digestive enzymes, and the feeling of satiety. Without fats you would feel always hungry and tend to overeat.

Lack of fat in your diet leads to a medical textbook's worth of ills.

Fats stimulate the gall bladder to release bile, which is necessary for digesting fats that you need for absorbing vitamins A, D, E, and K (fat-soluble).

A diet poor in protein and rich in refined carbohydrates (highly glycemic or rapid inducers of insulin) reduces production of bile, which leads to undigested fat. Undigested fat binds with calcium and iron, causes constipation, and prevents absorption of iron and calcium. This eventually causes anemia and osteoporosis.

And what about those vitamins you didn't absorb? Lack of vitamin A causes night blindness and such skin problems as sensitive lips, broken corners of mouth or the nostrils or the eyes. Good sources of vitamin A are butter, cream, whole eggs, and liver.

Vitamin D regulates utilization of calcium and phosphorus in bone formation. It is formed in human skin from cholesterol when exposed to sunlight, and is also found in fish liver oils, milk, yeast, and egg yolks.

Vitamin E speeds up healing and reduces scarring. Lack of vitamin E can cause acne, boils, and ulcers. Sources of vitamin E are peanut oil, corn oil, wheat germ, leafy vegetables, and eggs.

Lack of vitamin K causes abnormally long clotting time. Sources of vitamin K are liver and green leafy vegetables.

Having too little body fat can cause hormonal problems. Female athletes who stop menstruating when their body fat is too low are the most obvious examples.

From my articles on nutrition ("Carbohydrates and Athletes" and "Proteins and Athletes" in Summer 1995 and Fall 1995 issues of *Stadion News*), you know why each meal should have 30% of its calories from protein, 30% from fat, and 40% from carbohydrates. You also know how to determine your daily protein requirement in grams.

To match protein calories with fat calories you need less grams of fat because fat has nearly twice as much calories per gram as protein. One gram of protein gives you approximately 4 calories (Cal.), while one gram of fat gives approximately 9 calories. The fats to eat most of are monounsaturated fats and polyunsaturated fats. Sources of mostly monounsaturated fats are olive oil, almonds, macadamia nuts, and avocados. Rich sources of polyunsaturated fats are nuts (walnuts, brazil nuts, pecans, peanuts); herb oils (sesame oil, soybean oil, safflower oil); and fish (salmon, tuna).

Limit, but do not eliminate completely, saturated fats (most animal fats, butter, cream). These fats inhibit your aerobic metabolism by making you insulin resistant and thus raising your insulin levels (Sears, B. *The Zone*. HarperCollins Publishers. 1995. p. 87). The result is lowered endurance. You must eat small amounts of them to get enough cholesterol, without which you would be sick.

Hydrogenated fats such as fried fats and margarine have no place in your diet because they interfere with the normal metabolism of fats. (Hydrogenation is a process that saturates unsaturated and polyunsaturated fatty acids to keep them from turning rancid. It combines an unsaturated oil with hydrogen to produce a solid fat. Any oil will become hydrogenated when heated at or above 350° F.) The human body has no enzymes to metabolize hydrogenated fats so they must get stored. But even worse,

(continued on page three)

## Fats and Athletes (continued from page 2)

hydrogenated fats block your body from using other fats for energy, and for making hormones and prostaglandins, so the other fats get stored too. It does not take a lot of hydrogenated fat to do all this damage. The first 1% in your diet will block nearly all normal fat metabolism (Dr. Kurt A. Vreeland, lecture of 03/24/1993).

Margarine (a hydrogenated fat) may be a factor in causing cancer, and increases the risk of heart disease by raising blood cholesterol (Maffetone, p. 87). Remember that cholesterol is necessary for normal functioning of your body. It is made by almost all cells in the body, is found in large concentrations in the brain, spinal cord, and liver, and is a necessary component of cell membranes. Cholesterol is necessary for the synthesis of vitamin D and the various steroid hormones. It becomes a problem only if its levels in the blood are too high.

### How much fat

Most rich protein sources, with the exception of egg white, contain some fat. For lean sirloin steak, you can get all the fat you need by matching each ounce of lean sirloin steak with one additional gram of fat—a 1/5 to 1/4 teaspoon of olive oil would do it. So would two big or three small olives.

It gets more complicated when you want to eat fatter meat, such as ground beef with 19% fat content. Such meat has more calories from fat (approximately 48 calories) than from protein (approximately 29 calories) per ounce. In this case you need to match this meat with some other protein source with a low fat content to arrive at

the desired 1:1 ratio of protein-to-fat calories while keeping the combined protein and fat calorie count per meal (60% of its total calories) to less than 300 calories. You remember that your meal should get the remaining 40% of its calories from carbohydrates and that total calories ought not exceed 500.

Elite athletes, those who work out twice a day every day, or lift weights seriously, or have long hard workouts (runners, swimmers) need to double the amount of extra fats. In our example with the sirloin steak they would add 2 grams of fat per ounce of steak. The percentages of calories then become 27% from protein, 40% from fat, and 33% from carbohydrates. The extra fat should be mostly monounsaturated fat such as those in olive oil, almonds, macadamia nuts, and avocados.

The nutritive values for kilocalories, protein, fat, and carbohydrate content of various food can be obtained from Appendix B of *Exercise Physiology: Energy, Nutrition, and Human Performance*, (3rd edition) by McArdle, Katch, Katch.

### How to tell if you get enough fat

Some of the early symptoms of not eating enough of the right fats are the same as those signaling the lack of fat-soluble vitamins:

- 1) Dry skin, sensitive lips, broken corners of mouth, or nostrils, or eyes, and eventually night blindness caused by lack of vitamin A.
- 2) Excessive sweating and cramps can be early signs of lack of vitamin D.
- 3) Acne, boils, ulcers, slow healing with considerable scarring is caused by lack of

vitamin E.

- 4) Abnormally long clotting time and easy bruising are caused by lack of vitamin K.
- 5) Mood swings, mental and physical fatigue, clumsiness, and headaches result from not eating enough fat for energy, which forces your body to use mainly carbohydrates for energy. Eating lots of carbohydrates can disturb the blood sugar levels and so cause the above symptoms.
- 6) Getting fat is also caused by not eating enough fat. When your body senses that it does not get enough fat, it starts to store whatever it gets and to convert other foods (carbohydrates and protein) to fat.

Trying to eat the fat-soluble vitamins in the form of pills can end up badly. They can be toxic if you get too much of them in their synthetic form. For example, too much vitamin D can cause vomiting, diarrhea, headaches, loss of minerals from bones, and calcification of soft tissues. Getting fat-soluble vitamins from natural fats is much safer.

To find out how to match your diet to your needs, consult an applied kinesiologist. Through special tests you will learn which foods make you stronger and healthier, what you need to eat to speed up your recovery after workouts, and what to eat to heal quickly after injuries (even after the chronic ones). Call 802-723-6175, or write to Stadion Publishing Co., Inc., P.O. Box 447, Island Pond, VT 05846-0447, U.S.A., or send e-mail to [info@stadion.com](mailto:info@stadion.com) and we will refer you to an applied kinesiology specialist near you.

## Self-Defense Tip

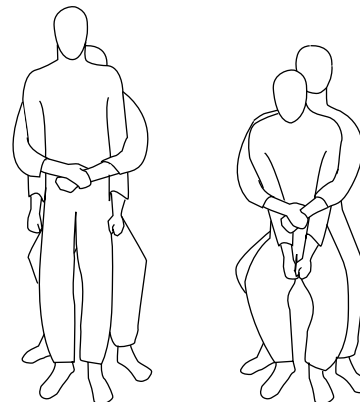
An intelligent attacker, if he or she decides to grab you in a rear over-the-arms bear hug, will grab you at or below your elbows. Grabbing your arms this way immobilizes them nearly completely and does not let you use them to protect your rib cage. Also, the low grab makes it easy for the attacker to lift you up and then slam you down.

Your first concern, when you feel such a grab, is to protect your bottom ribs from being squashed and also to make sure that you are not lifted up.

You can achieve both these objectives with one move—wedging your arms deeper into the attacker's holding arms while simultaneously squat-

ting down. Unless the attacker is tremendously strong this action alone may separate his or her hands. Only after you have spoiled your attacker's initial attack can you think about getting out of the grab. This can be done by a rolling throw (makikomi) as shown in the video, *Basic Instincts of Self-Defense*, or in some other way. But most important to your survival is that first basic, instinctive reaction, and *Basic Instincts of Self-Defense* teaches such reactions to over 55 typical attacks.

To learn more techniques, order *Basic Instincts of Self-Defense*. Call 1-800-873-7117 or send us your check or money order (see the order form on page four).



**Q&A on STRETCHING** (continued from previous issues)

Study these typical questions on stretching carefully. Among them may be just the type that you want to ask.

■ **Question:** *I am a bodybuilder and I am using your stretching method. In your book on page 64 you show a weekly plan of workouts. Only one workout is dedicated to endurance. I thought that one should do aerobic exercises more often than that. Also, please tell me how I should combine your stretches with my bodybuilding exercises. I do my arms and chest on Monday and Friday, aerobics and then my legs on Tuesday and Saturday, my back on Wednesday, aerobics on Thursday, and I rest on Sunday.*

Answer: Regarding aerobics—in the majority of sports and especially in contact sports such as boxing, judo, kickboxing, and wrestling, one main workout per week dedicated to purely aerobic endurance is usually enough because two (or more) technical workouts also stress all capabilities, aerobic capability among them, along with developing technical skills. Strength workouts also tend to have an endurance component—depending on the intensity of the workout or of particular exercises, the workout can be more anaerobic or more aerobic. Auxiliary workouts, short and done in addition to the main workout of the day, may be used to develop aerobic endurance.

Regarding your strength and flexibility training versus your bodybuilding routine—usually the legs (thighs) and the lower back are done in the same workout because of the necessary involvement of the lower back in all leg exercises. Because of its stabilizing function the lower back has to be done after all leg exercises.

■ **Question:** *Are you aware of any long-term adverse effects of running or strength training on flexibility?*

Answer: No, running or strength training have no adverse effect on flexibility provided you train rationally, do exercises in the correct sequence, and provide adequate rest to your body.

■ **Question:** *Do you believe that larger muscles make you less flexible than smaller ones?*

Answer: If you define flexibility as an ability to extend your joints maximally, then no—larger muscles do not make you less flexible. If you define flexibility as an ability to flex your joints, then yes—larger muscles can make you less flexible than smaller ones.

■ **Question:** *Could you tell me what the cardiovascular warm-up is that you mention on page 30?*

Answer: It is a part of the warm-up when you use continuous, low intensity, aerobic exercises to gradually prepare your heart and blood vessels for more intensive exercises.

■ **Question:** *I do not know how to combine your flexibility exercises with my other physical activities. In a typical day in which I do everything, I would have the following timetable:*

- 6:30 a.m.: rise and shine*
- 7:30 a.m.: run 3-6 miles*
- 9:00 a.m.: ride bicycle (30 min.) to work*
- 6:00 p.m.: ride bicycle (30 min.) to hapkido class*
- 7:00-9:00 p.m.: hapkido class (a Korean style of hand-to-hand combat with many kicks)*
- 9:00 p.m.: ride bicycle (15 min.) home.*

*On weekends I do more cycling but this in one session. My flexibility is pitiful. Can you suggest a way of inserting the right type of stretches into my daily routine?*

Answer: In your case doing all the stretches I recommend (dynamic in the morning, and at the beginning of your workout, static at the end of the workout) will not help if you keep riding your bike so much. Please see page 23 for the reason why cycling reduces flexibility. Also running 3-6 miles every morning may keep your legs tired and less responsive to stretching.

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