

# BLITZ

AUSTRIAL MARTIAL ARTS MAGAZINE

## BASICS VS GIMMICKS

Discover the real road to lifelong combat fitness

## Technique Workshop

How to defend the guillotine-choke

## Do You Train as You Fight?

The keys to making your training work...for real

## IMPROVISE to Survive

How to arm yourself for self-defence, legally

## Bruce Lee's 5 Ways of Attack

Tactics to put your opponents where you want them

## Two-finger Takedowns

Karate's kata secrets: why a spear-hand is so much more

## Wing Chun's Contact Drills

Why positioning is key for victory at close range



Kyokushin's

# HEAVY HITTER

Australia's new full-contact king, **STEVEN CUJIC**

SEPTEMBER 2013  
AUS. \$7.95 Inc. GST  
NZ. \$9.95 Inc. GST

VOLUME 27 No. 9  
BLITZ PUBLICATIONS & DISTRIBUTION GROUP PTY LTD  
9 770818 959005 09  
www.blitzmag.net