



By Terry Hamm A Sanshou student of Cung Le

Throughout history and all across the globe the martial arts have been both a source of entertainment and wonder. When referring to the martial arts we mean to include them all, Aikido, Karate, Tae Kwon Do, Judo, Boxing, Greco-Roman Wrestling, Jiu- jitsu, Tang Su Do, Savate, Muay Thai and the many styles of Kung Fu. The list goes on and on. In real life combat, the jury is still out as to which is best, for it is not only the art but the individual that ultimately realizes the victory.

Most of these styles share a common history, they were originally developed for mortal combat, and with the advent of modern weaponry many evolved into the competitive sports we know today, each with its own varying degrees of inherent violence. In the twentieth century, a number of arts have come forth as the most exciting and enjoyable to watch. As a sport, boxing is probably the one most well known in the United States. It's all about the hands. One solid punch or a well-executed combination and it's all over. Tae Kwon Do and Kenpo Karate kick-boxers are best known for their spectacular kicks which come from nowhere and seem to reach the skies. On the amateur level, Greco-Roman and freestyle wrestling's most exciting elements are their throws.

Now combine the best elements of each. Take the hand skills of boxing, the kicks of kickboxing and the throws of wrestling and put them together. That essentially is SanShou,

Sanshou was developed in the early 1900's in China as way for the military to practice close-quarters combat. With its foundation in Chinese Wushu, the Sanshou philosophy is that participation in combat sports is the best road not only to health, fitness and wellbeing but to practical self-defense skills as well. Sanshou is based on four principles:

"Da" (Striking) use of fist, open hand, elbow, fingers, head "Ti" (Kicking) kicking, sweeping, kneeing, stomping "Shuai" (Throw) wrestling, throwing, takedowns "Na" (Seizing) joint locks and chokes, i.e. submissions

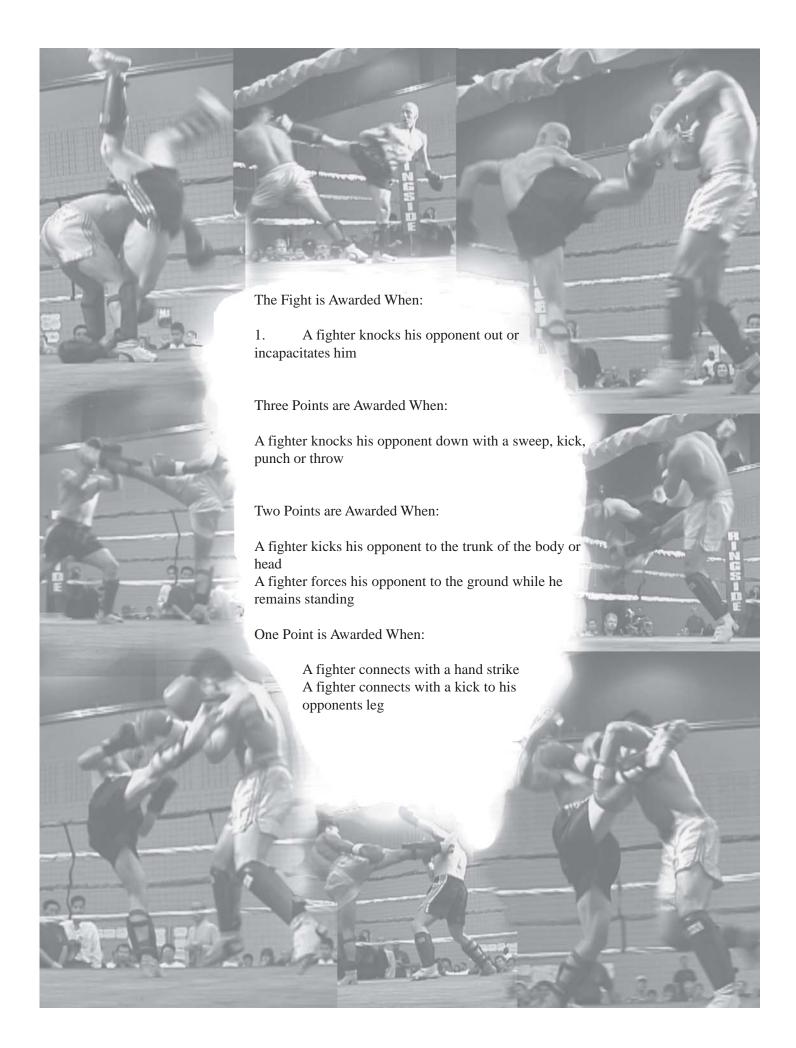
In boxing unless someone is knocked down, or out, the winner is decided by a panel on impartial judges based on how they feel each round went and whom they felt was better in that round. Besides the seemingly endless string of which fight was he watching? Scoring taking place we are also subject to fighters spending the better part of each round either leaning on each other or dancing around the ring avoiding the confrontation.

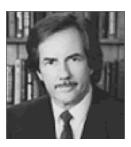
Tae Kwon Do and Kenpo Karate have three ways to compete. The first is called point fighting. In essence, the first person to land a punch or kick to a specific part of the body is awarded a point. The winner is the person one who lands the most first shots. The action is momentary and over before it has a chance to begin. They also compete in what are called forms competitions. Each competitor will learn a series of punches and kicks in a specific sequence combining anywhere from 25 to over 100 moves. The person who has the best form and remembers the sequence will win. Visually it can be beautiful but it lacks any adrenaline inducing moments. In the last 20 years kickboxing has attained some popularity, but it is basically mediocre boxing with some nice kicks thrown in.

Wrestlers compete in timed periods with each person trying to gain an advantage over the other in hopes of pinning their opponent's shoulders to the mat. Points are scored for throws and for taking control of the opponent. Wrestlers can spend minutes vying for the advantage, which can prove to be quite mundane after awhile.

In Sanshou, points are awarded for every punch, kick and throw successfully executed. No judge's opinions are needed as to whose round it was. Competitors are penalized if they stay passive for longer than eight seconds.

Sanshou is an international sport with a governing body and over eighty-five countries now have national teams that compete in the world championships. The United States is home to the two most well known Sanshou champions, Cung Le and Jason Ye. It would be a mistake to think of Sanshou as just kickboxing. Sanshou is real combat, just short the element of mortal danger.





A Message from Bob Wall, CEO of World Black Belt and Star of the Bruce Lee classic film "Enter The Dragon"

Welcome to the Born To Fight Martial Arts Shootout. You are about t0 experience some of the best moments of competition from top rated, amateur, kickboxing athletes. The fighters you will see today are competing for the coveted US National Kickboxing Title. They have struggled and worked for years to reach this intense level of competition.

Central to this event is a fighter I admire and respect. Cung Le has competed in the world's toughest arenas and against the strongest of athletes. His talent, focus, and dedication have ensured a meteoric rise in the Martial Arts world. Yet, fame and medals have not made Cung forget those who taught him along the way. His selflessness is embodied in his efforts to make this Fight Night rewarding for not only the fighters and the audience, but for the West Valley Junior College Wrestling Team, his alma mater and the recipients of tonight's proceeds.

As a long time advocate of the martial arts community and a representative of World Black Belt, it is a pleasure to be a part of such a worthwhile event. West Valley is one of the many institutions that are teaching a new generation of martial artists and athletes. Supporting their efforts to educate and encourage athletic achievement is central to the philosophies of World Black Belt.

Keep your eyes on Cung Le and all of tonight's competitors. They are tomorrow's super stars.



A Word from Action Hero and World Black Belt Founding Member, Chuck Norris

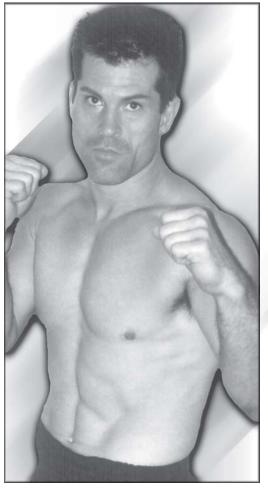
It's not enough to go for the glory of the sport. Being a practitioner of a martial art means developing the ethics, discipline and integrity the sport demands and over time, maturing from student to teacher. World Black Belt was established so that its members, professional and amateurs alike, would have a place to communicate and support each other. WBB is the gathering place for fighters and disciples of the martial arts -- students, fighters, instructors, and masters, all working together to enhance the sport and to touch the lives of new, talented athletes.

Cung Le, one of WBB's founding members, and the Born To Fight Shootout are the realization of what good can happen when athletes take the time to reach out to younger generations. This event is more than a test of skill between fierce competitors, it is a testimonial that we care not only for where we have been but also about where we are heading. It is a promise to all aspiring martial artists and athletes that we will be there to help them realize their potential.

You are only as good as the people who have supported you along your path. We at WBB believe it's our turn to be the helping hand for the champions on the horizon.

EVENT SCHEDULE

US TITLE







NAME: ADAM CALDWELL

AGE: 35 HEIGHT: 6'1" WEIGHT: 200 lbs FIGHT RECORD:

TITLES/RANKING:

WINS: 6 LOSSES: 3 KO's: 1 YEARS TRAINING: 10

RANKED #1 USAWKF SUPER WHT.

COACH: BRENT HEMBY GYM: EBM KUNG-FU LOCATION: OAKLAND, CA



NAME: MARVIN PERRY

AGE: 22 HEIGHT: 6'1" WEIGHT: 196 lbs FIGHT RECORD: WINS: 22

LOSSES: 1 KO's: 7 YEARS TRAINING:6 TITLES/RANKING:

USWKF SANSHOU CHAMPION
USKBA NORTH EAST CHAMPION

COACH: JASON MING YEE

TRAINER: JOSH BARTHOLOMEW

GYM: BOSTON KUNG-FU KICKBOXING GYM

LOCATION: BOSTON, MA

WWW.CUNGLE.COM

-FIRST LESSON IS FREE-

> GET IN THE BEST SHAPE OF YOUR LIFE!

TIME INTERVAL TRAINING BY: CUNG LE

> FEATURED IN NEXT MONTHS OXYGEN MAGAZINE



SAN JOSE

3469 MCKEE ROAD SAN JOSE, CA 95127 PHONE: (408) 729-4468 FAX: (408) 728-4959

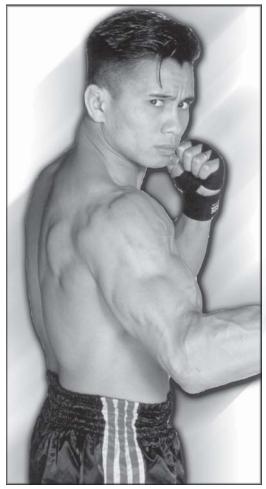
SANTACLARA

950 MONROE STREET SANTACLARA, CA 9505 PHONE: (408) 249-5800 FAX: (408) 249-5899

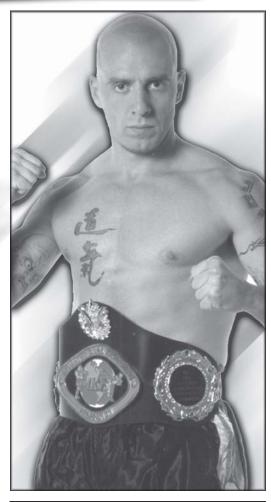
CUNG LE

CARDIO-ZONE KICKBOXING & MARTIAL ARTS TRAINING CENTER

EXHIBITION







NAME: CUNG LE TITLES/RANKING:

LOCATION: SAN JOSE, CA

LIGHT HEAVEYWEIGHT
ART OF WAR CHAMPION
ISKA NORTH AMERICAN
CHAMPION
ISKA US CHAMPION
UNITED WORLD SANSHOU
CHAMPION
SHIDOKAN MIDDLEWIGHT
CHAMPION



NAME: RUDI OTT TITLES/RANKING:

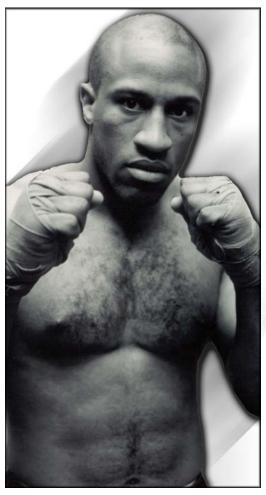
IKF US CHAMPION
ISKA MIDDLEWEIGHT
3 TIME USWKA SANSHOU
CHAMPION
RANKED #1 IKF & ISKA
CAPTAIN US NATIONAL TEAM
LOCATION: SAN JOSE, CA



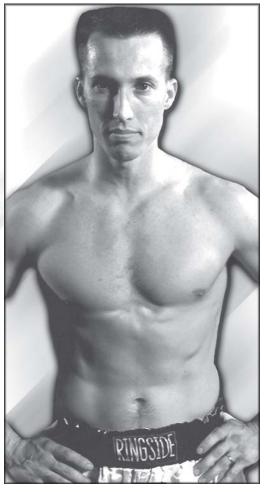
FULLCONTACT FIGHT GEAR AND APPAREL



3469 MCKEE ROAD SAN JOSE, CA 95127 PHONE: (408)729-4900 FAX: (408) 729-4959 WWW.USHGEAR.COM







NAME: RAY NEVES

AGE: 30

HEIGHT: 5'10" WEIGHT: 175 lbs FIGHT RECORD:

WINS: 8

LOSSES: 2 KO's: 1

YEARS TRAINING: 2 TITLES/RANKING:

US OPEN CHAMPION
US TEAM MEMBER
COACH: JASON MING YEE

GYM: BOSTON KUNG-FU KICKBOXING GYM

LOCATION: BOSTON, MA



NAME: ALLAN EGGBURT

AGE: 31 HEIGHT: 6"

WEIGHT: 174 lbs

WINS: 15

LOSSES: 3 KO's: 3

YEARS TRAINING: 8 TITLES/RANKING:

RANK #1 ISKA

RANK #1 IKF

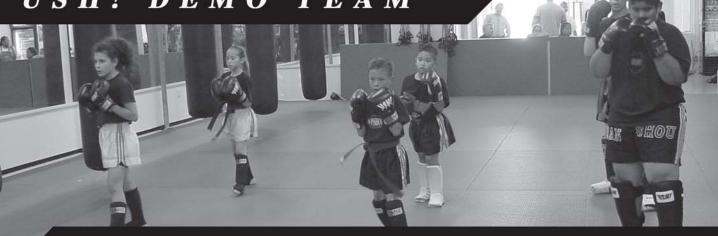
USSA SHUAICHIO -

SANSHOU CHAMPION

COACH: SCOTT SHEELEY
GYM: SHEELY'S IRON TIGERS
LOCATION: BELLEFONTAINE, OH



USH! DEMO TEAM



PUNCH KICK THROW









NAME: JENNA CASTILLO

AGE: 19 HEIGHT: 5'4" WEIGHT: 124 lbs FIGHT RECORD:

WINS: 5 LOSSES: 0 KO's: 0 YEARS TRAINING: 2

TITLES/RANKING: USAWKF NATIONAL CHAMPION

COACH: CUNG LE COACH: RUDI OTT GYM: USH! FIGHT TEAM LOCATION: SAN JOSE, CA



NAME: KATIE MEEHAN

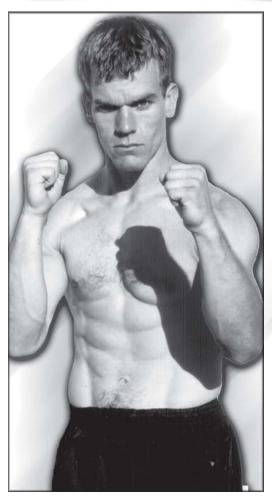
AGE: 24 HEIGHT: 5'5" WEIGHT: 120 FIGHT RECORD: WINS: 4

LOSSES: 1 KO's: 1 YEARS TRAINING: 2.5 TITLES/RANKING:

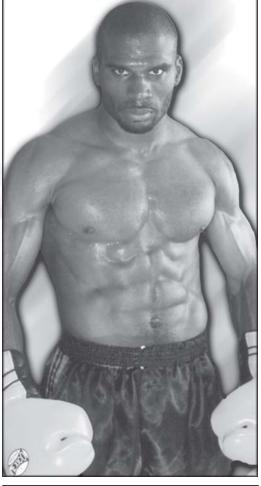
ISKA COLORADO -

STATE CHAMPION

COACH: GREG DAVIS GYM: 3-D MARTIAL ARTS LOCATION: DENVER, CO







NAME: BRIAM MADIGAN

AGE: 26 HEIGHT: 6'1" WEIGHT: 196 FIGHT RECORD:

> WINS: 8 LOSSES: 2 KO's: 2

YEARS TRAINING: 6 TITLES/RANKING:

RANK #2 USAWKF HEAYWEIGHT

COACH: BRET HEMBY Gym: EBM KUN-FU LOCATION: OAKLAND, CA



NAME: JAMES COOPER

AGE: 26 HEIGHT: 6' WEIGHT: 190 lbs FIGHT RECORD: WINS: 19

LOSSES: 2 KO's: 1 YEARS TRAINING: TITLES/RANKING:

DUNGAL FREESTYLE CHAMPION GYM: Champions Fitness Center

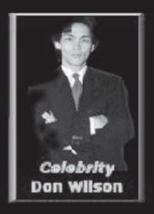
LOCATION: HOUSTON, TX



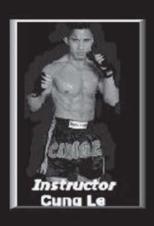
WORLDBLACKBELT.COM

WE WON'T BLOCK YOUR HITS!

















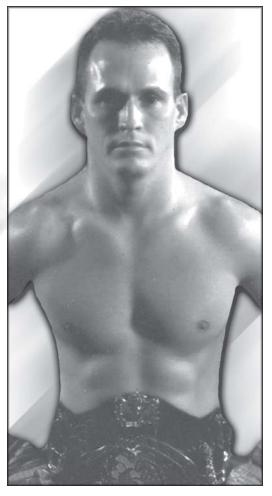


"THE MARTIAL ARTS COMMUNITY FOR ENTHUSIASTS TO MASTERS"

VISIT OUR BOOTH AND RECEIVE SPECIAL DISCOUNTS
AND CELEBRITY AUTOGRAPHS
CUNG LE FRANK SHAMROCK BOB WALL







NAME: KIMO RIGMAIDEN

AGE: 25 HEIGHT: 5'6" WEIGHT: 164 lbs FIGHT RECORD:

WINS: 7 LOSSES: 2 KO's: 2

YEARS TRAINING: 2 TITLES/RANKING:

TEXAS STATE CHAMPION

COACH: MIKE ALTMAN

GYM: HOUSTON KICKBOXING LOCATION: HOUSTON, TX



NAME: CHRIS OVRBY

AGE: 31

HEIGHT: 5' 10" WEIGHT: 160 FIGHT RECORD:

WINS: 13 DRAWS:1 KO's: 7

YEARS TRAINING: 4

IKF US CHAMPION

TITLES/RANKING:

COACH: SCOTT SHEELEY

GYM: SHEELY'S IRON TIGERS LOCATION: BELLEFONTAINE, OH



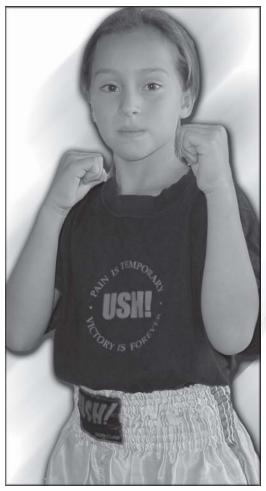
A FULL SERVICE SALON & BOUTIQUE

EXTENTIONS FULL HEAD LENGTH DREDLOCKS
TEMPORARY TATTOOS

1757 CAPITOL EXPWY. SAN JOSE, CA 95121 PHONE: (408) 207-1550 FAX: (408) 207-3307

EMAIL: thebeautyspot@aol.com www.thebeautyspotsalon.com









NAME: STEFFANY CORNEJO

AGE: 9 HEIGHT: 4' WEIGHT: 65 lbs YEARS TRAINING: 1 COACH: CUNG LE COACH: RUDI OTT

COACH: ROBERT CORNEJO GYM: USH! FIGHT TEAM LOCATION: SAN JOSE, CA NAME: MATT DONG

AGE: 9

HEIGHT: 4' 2"
WEIGHT: 72 lbs
YEARS TRAINING:2
COACH: CUNG LE
COACH: RUDI OTT

COACH: ROBERT CORNEJO GYM: USH! FIGHT TEAM LOCATION: SAN JOSE, CA After chiropractic saved him from surgery, Dr. Osborne dedicated his life to educating and informing the public that their health potential lies within them and it can be reached without drugs or surgery.



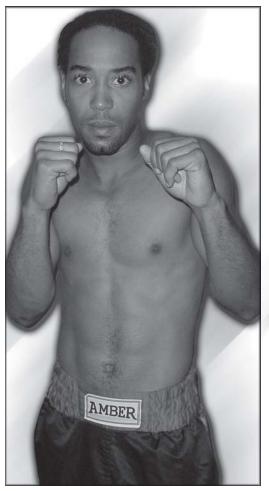
Discover Chiropractic The Healthy Life Decision

1305-C N. Bascom Ave. San Jose, CA 95128

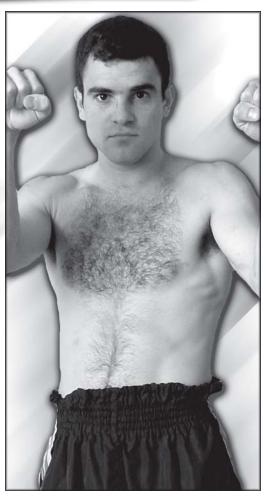
Appointment Hotline (408) 985-1111

Dr's Direct Line (408) 985-9999

Fax (408) 985-2222







NAME: ROBERT KING

AGE: 27 HEIGHT: 5'7" WEIGHT: 135 lbs FIGHT RECORD: WINS: 9

LOSSES: 2 KO's: 7

YEARS TRAINING: TITLES/RANKING:

TEXAS STATE CHAMPION

COACH: MIKE ALTMAN

GYM: HOUSTON KICKBOXING LOCATION: HOUSTON, TX



NAME: ALBET POPE

AGE:

HEIGHT: 5'5" WEIGHT: 143 lbs FIGHT RECORD:

WINS: 13 LOSSES: 0 YEARS TRAINING: 4 TITLES/RANKING:

USAWKF SANSHOU CHAMPION USAWKF NATIONAL -

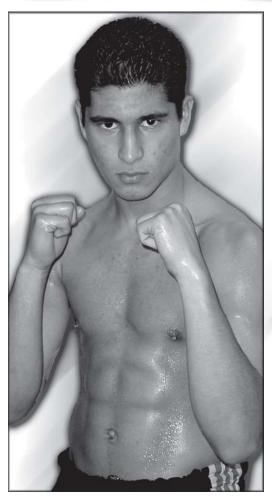
TEAM MEMEBR

COACH: JASON MING YEE

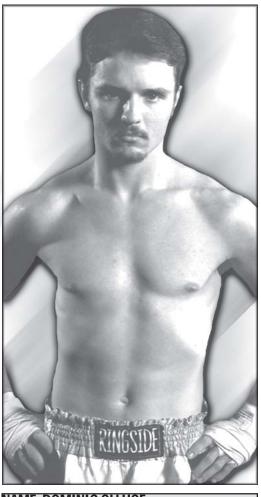
TRAINER: JOSH BARTHOLOMEW

GYM: BOSTON KUNG-FU KICKBOXING GYM

LOCATION: BOSTON, MA







NAME: SANTOS SOTO

AGE: 17 HEIGHT: 5'9" WEIGHT: 147 FIGHT RECORD:

WINS: 9

LOSSES: 2 DRAWS:

K0's: 4

YEARS TRAINING: 2 TITLES/RANKING:

RANKED # 2 USAWKF

US NATIONAL TEAM MEMBER

COACH: CUNG LE COACH: RUDI OTT GYM: USH! FIGHT TEAM

LOCATION: SAN FRANCISCO, CA



NAME: DOMINIC OLLHOF

AGE: 19 HEIGHT: 5'9" WEIGHT: 149 FIGHT RECORD:

WINS: 7 LOSSES: 2 KO's: 0 TRAINING: 4

YEARS TRAINING: 4 TITLES/RANKING:

US SANSHOU TITLE COACH: SCOTT SHEELEY GYM: SHEELY'S IRON TIGERS LOCATION: BELLEFONTAINE, OH



Oxygenized WaterTM is the name for Oxygen Technologies International's proprietary method of treating distilled water with oxygen, so the oxygen content is significantly increased.

Be sure to look for the term

"Oxygenized WaterTM" to assure

yourself of the highest oxygen content of all bottled water on the market today

Visit our website at www.oxywater.com

Oxygenized Water™ is being marketed under the name OXY-WATER™. Your local representative is:

> OXY-WATER NORTH AMERICA INC. P.O. BOX 298040 COLUMBUS, OHIO 43229 TOLL FREE: 877-699-9287

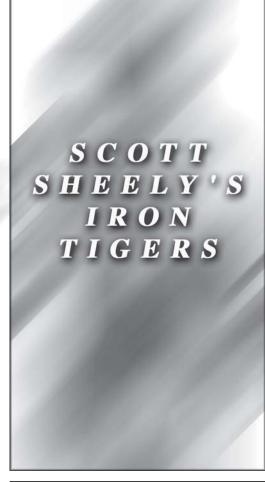


OXYGENIZED WATER TM









NAME: RAY GARCIA

AGE: 36 HEIGHT: 6'7" WEIGHT: 215 lbs FIGHT RECORD:

WINS: 3 LOSSES: 1 KO's: 1

YEARS TRAINING: 20 GYM: REY'S KUNG-FU LOCATION: SAN JOSE



NAME: Cody Fullerton

AGE: 23 Height:

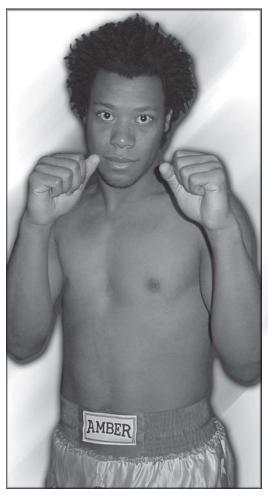
WEIGHT: 205 lbs Fight Record:

WINS: 3 LOSSES: 1 KO's: 0

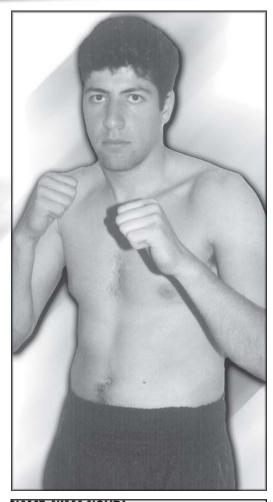
YEARS TRAINING:

COACH: SCOTT SHEELEY
GYM: SHEELY'S IRON TIGERS
LOCATION: BELLEFONTAINE, OH

175 LBS. REG. TITLE







NAME: LEE KING

AGE: 24 HEIGHT: 6"1' WEIGHT: 174 lbs FIGHT RECORD:

WINS: 6 LOSSES: 0 KO's: 2

KU'S: 2 YEARS TRAINING: TITLES/RANKING:

TEXAS STATE CHAMPION

COACH: MIKE ALTMAN

GYM: HOUSTON KICKBOXING LOCATION: HOUSTON, TX



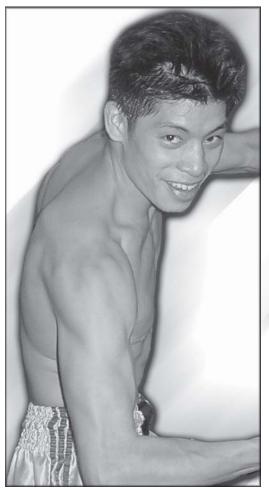
NAME: NIMA NOURI

AGE: 24 HEIGHT: 6'2" WEIGHT: 175 lbs FIGHT RECORD:

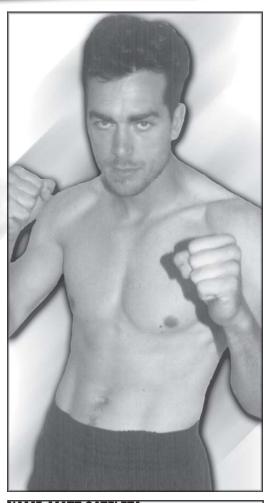
WINS: 4 LOSSES: 2 YEARS TRAINING: TITLES/RANKING: COACH: BRET HEMBY GYM: EBM KUN-FU LOCATION: OAKLAND, CA



165 LBS. REG. TITLE







NAME: MAX CHEN

AGE: 20 HEIGHT: 6' WEIGHT: 160 lbs FIGHT RECORD: WINS: 15

LOSSES: 4 YEARS TRAINING: 3 TITLES/RANKING:

US NATIONAL TEAM MEMBER

COACH: CUNG LE COACH: RUDI OTT GYM: USH! FIGHT TEAM LOCATION: SAN JOSE, CA HOME TOWN: NEW YORK, NY



NAME: MATT CATELETA

AGE: 29 HEIGHT: 6'2" WEIGHT: 165 lbs FIGHT RECORD: WINS: 4

LOSSES: 1 KO's: 1 YEARS TRAINING: 3 TITLES/RANKING: COACH: BRET HEMBY GYM: EBM KUN-FU LOCATION: OAKLAND, CA











