

International Combat Martial Arts Unions Association



COMBAT MARTIAL ARTS PROGRAMMS

AND MANUALS ICMAUA

ICMAUA: CMAPM- 201610

ENCYCLOPEDY R'GUIBA-DO SHIN KI



Jagdish Singh Khatri

www.icmaua.com



2016

Combat Martial Arts programmms and manuals ICMAUA publishes original programs and manuals of Martial Arts styles, organizations and schools: trainings, belts (Kyu, Dan) requirements and exams, education and philosophy.

Combat Martial Arts programmms and manuals ICMAUA will be published after receiving of materials from authors - members of the ICMAUA

Combat Martial Arts programmms and manuals ICMAUA is published in a PDF format and is placed in free access in the Library of Combat Martial Arts manuals and programmms ICMAUA (www.icmaua.com).

Combat Martial Arts programmms and manuals ICMAUA publishes original papers "as is written by author", without any changes (also grammatical or stylistic) in the basic text. Changes in design are possible.

Combat Martial Arts programmms and manuals ICMAUA is distributed to members from the countries: Afghanistan, Algeria, Angola, Argentina, Australia, Austria, Azerbaijan, Bahrain, Bangladesh, Belarus, Belgium, Bosnia & Herzegovina, Brazil, Bulgaria, Cameroon, Canada, Chile, China, Costa Rica, Croatia, Denmark, Egypt, France, Finland, Germany, Georgia, Ghana, Greece, Guam, Guyana, Haiti, Hungary, India, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Kazakhstan, Kuwait, Latvia, Luxembourg, Malaysia, Maldives, Malta, Mauritius, Mexico, Montenegro, Morocco, Nepal, Netherlands, New Zealand, Nigeria, North Korea, Norway, Pakistan, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Russia, Saint Lucia, Saudi Arabia, Scotland, Serbia and Montenegro, Sierra Leone, Singapore, Slovenia, South Africa, South Korea, Spain, Sri Lanka, Sudan, Sweden, Switzerland, Syria, Tajikistan, Thailand, Trinidad and Tobago, Tunisia, Turkey, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States of America, Uruguay, Uzbekistan, Venezuela, Yemen, Yugoslavia.

Disclaimer

The full responsibility for the published articles belongs to the authors.

The publisher, editors of the *Combat Martial Arts programmms and manuals ICMAUA* and ICMAUA disclaim responsibility for any liability, injuries, or damages.

Address for correspondence:
info@icmaua.com

ENCYCLOPÉDY R'GUIBA-DO SHIN KI
(The way of the spirit in the energy)



Suprême Grand.Master

Guru Dai Soke Prof/Dr.Jagdish Singh Khatri (PhD)

PRESIDENT of

INTERNATIONAL R'GUIBA-DO STICK-DEFENSE
Practice the art of stick défense



Suprême Grand.Master

Dai SOKE: Prof/Dr R'GUIBA Boumédiène Author & Founder 10th DAN

PRESIDENT



Supreme Grand Master

(Guru)Dai Soke. Prof/Dr.Jagdish Singh Khatri ((Ph.D) M.A.
[12th JuniDan Red/Gold Belt]

PRESIDENT

OF THE

International R'GUIBA-DO Stick-Defense



WORLD SUPREME GRANDMASTER

Founder/President

Soke(Guru) Prof/Dr.Jagdish Singh Khatri(PhD)

[Meijin/12th Dan/Kancho]

Head Family Founder of Nepal Khukuri Martial Arts

HEAD OF THE SHNOBI NINPO KORYU OF THE ALLIANCE

Head Master/University World Combat Martial Arts College

Menkyo Kaiden : Soke of Daito-Ryu-Bu-Jutsu/Aikijutsu

Style: Combat Jujitsu/Military Arts and Kakuto Karate

Founder Style: 1) Budo-Ninjutsu (Nepal Arts)

2) Goju Singh-Kai Ryu (Way of Lion Fighting)

At the age of 7yrs, with my Father I started combat arts training with 'Khukuri' Nepal knife, weapons I studied Martial Arts under my father, Teacher, Master and my Friends..... under some styles combat arts under my Uncle Inspector General of Police IGP (Retd) Motilal Bohara, Nepal Army Major Retd. Basant kumar Basnet and CDO Major Gajendra Bohra Kathmandu, Nepal.

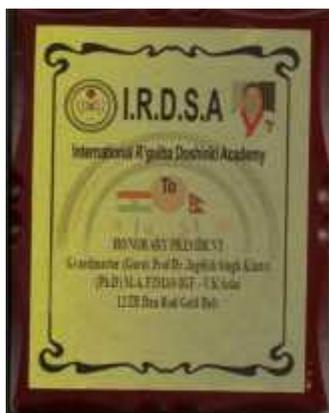
- 1) I had learned many style like Karate/Kempo (5th Dan) under Sensei Hisaya Kan (Seishin Kai) from International Karate Kempo Federation [Osaka, Japan]
 - 2) Goju Ryu under Sensei Yogen Moorsingh and Sensei Takesh Uchiage kai (JKF) son of Grand Master Hanshi Late Kenzo Uchiagekai (President of Japan Karate Do Federation) [Japan]
 - 3) Aikido, Aikibudo under Shihan Alian FLOUET (founder of Aikibudo) [France] He is the only first European student under Grand Master Late. Prof. Morihei Ueshiba.
 - 4) Kick-Boxing & Muay Thai and Ninjustu Ryu under Master Chamma Shetty [Germany]
 - 5) Shotokan Karate and Aikiju-Jistu under Police Inspector Sensei Harlod Patient (Lifemember of IMAF-Japan) from [Mauritius]
 - 6) Iaido under Master Kooram Venkamah President of All Aikido, Aikibudo, Iaido and Kobudo Federation [Mauritius]
 - 7) Combat Jujitsu and Jujitsu Grand Master in 2009 by Hand certify and seal under Grand Master Sr.Soke Jaun Roman Brown President of European World Martial Arts Organization [Warsaw, Poland]
- In 1996 & 1997 I had trained Nepal Police and Nepal Army in Kathmandu, Nepal.
 In 2005 I had trained Indian Navy in INS-HAMLA. In 2010 & 2011 I had trained Maharashtra State Police 'Commando Training Police Force' with police trainer Mr.Prakash Wagh and Mr. Sudir Dalvi & Pawar Mumbai, India.



Police Trainer Master Pawar and Master Prakash Wagh - Mumbai

Maharashtra State Police 'Commando Training Police Force' - 2010 & 2011 - INDIA





POST

- Advisor - Martial Arts Police Method [Peru]
- Advisory in Grand Master Board
- Black Dragon Martial Arts Society PTY Ltd [South Africa]
- Chairman – World Karate and Health Union (WKHU)
- Director of India – World Federation Okinawa Seishinroku Karate Do
- Honorary President - Intl. R' Guiba Do Shin Ki Academy
- Military Expert Advisor [Member Board of Directors] S.E.R.C.U.S.S. International J.A.H.H. [Mexico]
- President of Intl. R'Guiba Do Stick Defense Association [Algeria]
- President of Federation Intl. Of Grandmaster Association (FIOGA) [Malaysia]
- Technical Advisory - Yama Arashi Bujutsu Kyokai
- Technical Advisor of Muniz Shiroy Shishi-Ryu Intl. Federation [Europe]
- Vice President -International Daruma Taishi [Chile]
- World Adviser - of US International Grand Masters Sokeship Union
- World Intl. Director – American Intl. Of Society of Grandmaster's [U.S.A]

POST GRADUATE

Ayurveda/Samantha & Up asana Meditation arts and Techniques from Chinese Bukkyo Kai [Puerto Rico]

IABSF-CAM/Association of natural alternative and complementary healing practitioners [Germany]

BUDO POWER AWARD from MAA-I Martial Arts Association-International [Germany]

- Doctor in Budo – [Greece, Europe]
- Doctor in Martial Arts Sciences from C.I.M.A [Brazil]
- Doctor of Martial Arts Science from Sinja Martial Arts University [Florida, U.S.A]
- Doctor in Martial Arts Education from Radical Martial Arts Sciences Research Network
- Doctor in Khukuri Martial Arts Science & Education,
- LOAFIMAA - International Martial Arts University
- Doctor of Philosophy in Military Martial Arts Science from International Sumraidokan Organization
- Doctor of Philosophy in Martial Arts Science from International All Style Budo Federation [Germany]
- Doctor of Philosophy in Martial Arts Science from S.E.R.C.S.U. INTERNATIONAL [Mexico]
- Doctor of Philosophy in Martial Arts Science from Kongsu-Do Deokmu - Won Society [Argentina]
- Doctor of Philosophy in Martial Arts Science from All Martial Arts Union [Europe]
- Doctor of Philosophy in Martial Arts Science from Close Combat Martial Arts & Head Master Federation
- Doctor of Philosophy in Asian Martial Arts & Science – from WOMA - International Council for Higher Martial Arts Science & Education INC, USA
- Master Degree in "Weapons" (Post Graduate) M.A. [Europe]
- Master Diploma from ORGANIZACION DE MUAY THAI [Argentina]
- Magister in Martial Arts Education from Radical Martial Arts Sciences Research Network
- Maitre Professeur Silver Glove - Diplome from Savate De Rue-Boxe Francaise – Radical Savate Unite
- Professorship from Martial Arts National Association [Hawaii]
- Professor Diploma' from Martial Arts University [Florida, U.S.A]
- Professor of Budo Degree from South Africa Institute for Advance Studies [South Africa]
- Professor Diploma from Nippon Martial Arts Renmei [Germany, EUROPE]
- Certificate of Appreciation from University of Sarajevo (FASCO)

Certificate of Appreciation from World Kobukan Federation [Europe]

Certificate of Appreciation from World Shinpo Ryu Federation [Kosovo, Russia]

AMBASSADOR

- Ambassador of Wold Martial Arts - from JOB DEFENSE SYSTEM [Costa Rica]
- Ambassador of Sublime Sword Society World Budo Organization (W.B.O.) [Italy]
- Ambassador for Peace from AMAROK (Turkish Martial Arts) and M.A.A -I [Germany]
- Ambassador for PEGSALABUK SUBANEN Tribal Union Worldwide for Humanity & Peace [Philippines]
- Ambassador for ICTC-ALIANS BULGARIAN COMMANDOS/International Counter Terrorist Centre (Active Member of the Intl. Antiterrorism Unity Permanent Member of the Council of Europe)

Nepal Army siège à Katmandou, Népal



Major Sanatkumar Basnet with Dai Soke Jagdish Singh



Major Gajendra Bohara CDO Majesty the King of Nepal in 1998 with
Brother Dai Soke Jagdish Singh

AUTHOR & FOUNDER



Suprême Grand master
Dai Soke Prof/Dr. R'GUIBA Boumediene 10th Dan/Hanshi

Author/Founder of
INTERNATIONAL R'GUIBA-DO

Stick-Defense



Suprême Grand Master

Founder/President

Dai Soke Professor/Dr. R'GUIBA Boumediene

[Hanshi /10th Dan RedBelt]

Style : DO SHIN KI

Technique : Stick Defense

International R'GUIBA-DO STICK-DEFENSE

Country : ALGERIA

Grand Master was born on 16th November 1949 in Algeria country.

He started martial arts at the age of 13yrs and more the 50 yrs training

He is Founder and Author of : International R'GUIBA-DO

STICK-DEFENSE.

His Style and Rank is recognized and registered with various International Martial Arts Organizations, Federations, Association, Society World Wide.

His Teaching Martial Arts License No : 1001-90125

He holds Ph.D. Degree in martial arts, Doctor of Philosophy in Combat Martial Arts Science & Education Registered.No: 10862/INDIA given by the Grand Master Sr.Soke (Guru) Dr.Jagdish Singh Khatri, (PhD) Founder/President of the World International Combat Martial Arts Society (2011)

He Holds Professor Degree and Doctorate Diploma from University World Combat Martial Arts College for Higher International Martial Arts (Ayurveda Science and Karma Yoga Education) [ASIA, EUROPE, U.K.]

Title of 'Doctor in Budo' from WICMAS given by the World International Combat Martial Arts International Society -(2011) (INDIA & NEPAL)

Title of :- Suprême GrandMaster, Regd.No.1086/5202, and

Holds Sokeship Regd No: YGR/560331-ALGERIA World University Of Sports and Martial Arts Science AJJBWF (Recognized by Olympic Council of Asia).

HANSHI grade given by the GM Arnott Graham Soke, 10th Dan President of the International Budo All Style Federation IBASF - Certificate No. 241120116- Dated 24 November 2011, (Germany, EUROPE)

WORLD GRANDMASTER given by Board Committee of Asian GrandMaster Association Regd.No.3246 (2011)[INDIA & NEPAL]

- 1) 1949: year of birth in Mohammadia Master R'Guiba Boumediene (Algeria);
- 2) 1962 Start career in Boxing
- 3) 1965: football player in the team USMO, small class;
- 4) 1966: early career in the martial arts (Karate);
- 5) 1970: First trip to France (Paris) and obtained a 1st Degree/ ShoDan Black Belt under Sensei Taiji Kase.
- 6) 1972: Second trip to the land of the rising sun, Japan;
- 7) 1973: Karate teacher in several schools of Karate in France for the first time participation at the World Championships as an individual in Budo Kan in Tokyo. JKA (Japan Karate Association)
- 8) 1974: participation in International Triangular Tournament (Algeria, France, Spain);
- 9) 1977: Teaching Karate in several schools of Karate in Switzerland;
- 10) 1978: beginning research to lay the groundwork and development of style DO SHIN KI;
- 11) 1980: participation at the European Championships (Vincent) as an International Arbitrator. S.K.I. (Shotokan Karate International)
- 12) 1982: participation in the course of African Karate and founding of the Confederation of African SKI (Shotokan Karate International); Appointed Chief Instructor of the area 01 in North Africa;
- 13) 1983: Participation in the First World Championship SKI Tokyo in the field of Arbitration, SKI (Shotokan Karate International)
- 14) 1985: participation to the course Instructor and Authentication of Rank Organized by FAKT (Algerian Federation of Karate and Tae Kwando) in Tunis ,(Tunisia).
- 15) 1985-1992: Master R'Guiba totally dedicated to the development of the style DO SHIN KI;
- 16) 1992: Creation of the first Kung fu League (Oran).
- 17) 1993: Became the father of the revival of Traditional Algerian Combat **Sports**;
- 18) 1994: creation of the Association for the Development of Traditional Sports and Martial Arts Disciplines assimilated (ASAD) creation and foundation of the martial art style DO SHIN KI (Algeria)
- 19) 1996: Participation in the International Festival of Martial Arts in Copenhagen (Denmark) from May 5 to 12, the DO SHIN KI is now Recognized World Wide and:
 1. R'Guiba master is appointed as an International Referee;
 2. He is a member of the International Federation of KO SHI KI;
 3. He was invited at the European Championships in Holland style GENSEIRYU KARATE DO
 4. He was invited to the Championship style KO SHI KI in Australia
- 20) 1997: participation in World Championship style KO SHI KI in Sydney (Australia).
- 21) 1998: he was invited to the Championship style KO SHI KI in New Jersey (USA).

He teaches the following styles of martial arts:

Karate-Do, Kung-fu wushu, Self-Defense, Stick Defense, Taichi chuan, and is the Founder 10th DAN of :



1-Founder : INTERNATIONAL R'GUIBA-DO SHIN KI ACADEMY
(Style as traditional karate)



2- Founder : INTERNATIONAL R'GUIBA-DO SHIN KI DO ASSOCIATION.
(Style as kung-fu)



3- Founder: INTERNATIONAL R'GUIBA-DO INTEGRATIVE BODY- MIND TRAINING.
(Style as taichi chuan)



4- Founder: INTERNATIONAL R'GUIBA-DO SELF-DEFENSE ORGANIZATION
(Style as self-defense, jujitsu)



5-Founder: INTERNATIONAL R'GUIBA-DO STICK DEFENSE ASSOCIATION
(Style as Stick African, Phillipino, but special)

DEDICATIONS

We would like to thank all those who help me achieve this work in particular :

-Mr Supreme grand master Dai Soke Jagdish Singh Khatri.

-Mrs Masters and Disciples, and all those who love the practice of DO SHIN KI.

-All Major Master regardless of Rank (grade)

-The great respect for all my teachers who are in Algeria as well as abroad.

-The great respect for :

- Inspector of General Police I.G.P. Regted.Motilal Bhora

- Major Basnet Santkumar

- Major Gajendra Bhora CDO Majesty the King of Nepal in 1998

RECOGNITIONS

All my acknowledgments

All my friends

To those loved ones who have deigned to devote all their soul to the success of this book even though the task was difficult

-Mr Supreme grand master Dai Soke Jagdish Singh Khatri, and his family for the help, he has give me to make this work and dedication of time allocated and devoted efforts, I Thank my brother for the valuable assistance provided me and for all the offers in my favor.

And all my Thank's To :

- Major Basnet Santkumar

- Major Gajendra Bohara CDO Majesty the King of Nepal in 1998

Summary

1-President	page 2 to 6
2-Auther & Founder	page 7 to 11
3-Dedications	page 12
4-Recognitions	page 13
5- Summary	page14 to 15
6- Preamble	page 16 to 17
7-Introduction	page 18 to19
8- A draft art	page 29 to 37
9- History	page 20 to 28
10- school	page 29 to 37
11- Rules of Do shin ki	page 38
12-Definition of the Stick	page 39- 42
13-The Salvation	page 43 to 47
14-Gymnastique warm joints with stick	page 48- 55
15-anatomy of the humain Body	page 56 to 59
16- master	page 60 to 61

17- concentration and relaxation	page 62 to 63
18- SPEED TO DO SHIN KI	page 64
19- THE FIGHT TO DO SHIN KI	page 65
20- The positions are based	page 66 to 67
21- UNUSUAL STANCE	page 68 to 70
22- STANCE	page 71 to 72
23- MOVEMENTS	page 73 to 75
24- ROTATION OF HIP	page 76 to 79
25- BLOCKS	page 80 to 94
26- ATTACKS	page 95 to 106
27- RULES OF ARBITRATION/PASSAGE IN GRADES	page 107 to 121
28- TERMS OF ARBITRATION	page 126 to 127
29- Gestures arbitrages	page 128 to 134
30- BIBLIOGRAPHY	page 135 to 137

PREAMBLE

Dear readers

I'm not unfortunately neither writers nor historian. Only my enthusiasm and perseverance for this kind of sport and sincere desire to share feelings with you pushed me to undertake this ambitious project, it is true, but mostly wanting to fill a void because this discipline is very little "exploited. "

My goal will be achieved, if the reader can grasp the multiple sensations that show an avid lover of this noble art. In short, it is a cordial invitation to make further knowledge with all aspects of this discipline.

Conclude this introduction by a wish I guess legitimate. Given the nature of this ancient discipline and all the excitement it created, it is hoped that one day the art of stick is recognized as an international discipline. Our dearest wish is to see him perform in all continents.

Indeed, some would argue that this may be a utopia, I simply say to them that my mind is made up and that the discipline will have some influence with a little more work and commitment from all of us.

Information remains by far the main flaw that absolutely faillait support. The lack of this discipline and it has unfortunately remained "unknown" to the public.

I know that much remains to be done in this field A
research and exploitation
In this direction will be welcome.

The public deems

INTRODUCTION:

1) BETWEEN HISTORY AND PREHISTORIC:

Prehistory:

At the time of its formation the earth was a ball of gas and smoke incandescent, by its brightness, offered a great resemblance to the sun. Our God Almighty Creator created the universe and then push him in the Garden of Eden many plant species, such as flowers and trees. This vegetation as we know, has been used to build houses, boats, utensils and other necessities in life. The leaves used to cover the privacy of our ancestors Adam and Eve to their "exit" of Paradise.

In this respect the Ark of NOE illustrates the multiple benefits of this divine material wood. NOE has indeed saved through his ark (chest) wood following the recommendations of the Creator, the God Almighty.

It was in November of 2370 years BC. JC is in the year 600 of the life of NOE, another illustration of the divine nature: the dove sent by this disciple of God to see if the flood ceased, returns with a branch in its beak olive leaf, witness return of calm. 130 years after the flood, the first city was built entirely of wood by Nimrod, son of a small NOE back in full the country (Shinar), now Iraq. Which indicates the usefulness of the material wood in the life of human beings.

Other made famous stick, one of our Prophet Musa (Moses), according to the Writings Saints, we know it is served to

keep his flock but also to push it and used it to do other personal and before his prophecy, thereafter, he served to defend himself against the perpetrators of the tyrant Pharaoh surpassing the guided witchcraft God's way.

History

Among other Ouled Sidi Hamadouche Sidi Brahim Sidi Ben Abu, Dahou Sidi Sidi Zeroual Sidi H'chem. And Sidi Mohamed Bourguiba. All these groups were at Ferraguig (w. Mascara). These families were known for their bravery, their great skill in riding and especially their traditional expertise they excel in the art of manufacturing weapons parts as sticks defenses canes and other wood-based. To their credit, note that these families have fought their last battle against the French occupation in 1929 just before the events of 1945. This battle has been recorded in the annals of the history of the Algerian revolution.

The legend also tells us that their guns were totally local production, which indicated their general knowledge in the field of armaments. Do not fail to note that their heads of families as a result of this insurrection all died in colonial prisons Canada, Cayon and New Caledonia as they refused to submit to colonialism by not accepting that their children serve under the French flag. As a consequence of this rebellion, a law was made prohibiting not only the port staff, but also its handling. It would be absurd to speak of the stick without mentioning our national hero historians took also rightly as the founder of the first Republic of Algeria. You have probably guessed it: Emir Abdelkader, this great figure of the Algerian Revolution waged a relentless war against the enemy for more

than 17 years, with the most ridiculous means, he was able to bend every time the colonial army, and yet the fight was significantly uneven face a more modern weaponry.

The Emir retorted with an arsenal of conventional weapons where sabers, swords, knives and guns made of wood were feeling. All this, supported by intelligence unmatched in this great warrior and strategist our Emir. According to a French historian of the time, the damage to the occupying French were huge: in 17 years of war, more than (40,000) forty thousand soldiers perish telling statistic that demonstrates the capabilities of this great historic leader.

Nepalese soldier.



For example not far from us in Asia are more accurate at nepale à Nepali soldier and history. Kukri is not just a knife, but it is à symbol of Gurkha soldier. The brave Grukha with the small weapon as "kukri" forbidden territory of the British Empire. They showed their brevity and loyalty to the nation as a result clever British Society made famous treaty with them on the Nepalese government to recruit the Braves Gurkha warriors to their army.

(Dai Soke (Guru) Prof / Dr Jagdish Singh Khatri (PhD).

RAJA SHAH Prithvinarayan first king of Nepal



The founder of the system. Of the Dai Soke (Guru) Prof / Dr Jagdish Singh Khatri (PhD). Ninjustu is King Prithvi Narayan Shah of Gorkha invaded the valley of Nepal. September 1768 Kathmandu went with Prithvi Narayan became the first king of Nepal. Whether his men defeated much larger forces must be credited at least in part to their unusual weapon the Khukuri. in 1948, Maharaja Padma Shamsar Bhadur Janga Rana Prime Minister and Supreme Commander of Nepal, "wrote Khukuri" is the national, as well as weapon religious people of Nepal (Gurkhas). It belongs to a Gurkha to wear during wakefulness and place it under the pillow retiring.

The saying goes of solda



As he had the old saying goes "**Better to die than a coward**'

Gurkha Solder

(Dai Soke (Guru) Prof / Dr Jagdish Singh Khatri (PhD).

Major figure in the art of stick



A droite Cheikh Ahmed HABRAOUI à gauche Maître R'GUIBA

Also retain the name of Ahmed El Habraoui last core chain Blessed Chougrane remained alive despite a death sentence.

Major figure in the art of stick



Cheikh Moulay Ahmed BENMAMOU

A draft art:

We will work in this area to identify chronologically the main figures who were responsible for the birth of the stick or El Assa. But first we must not lose sight that the battle has always accompanied the man, do not they say that the fight is born with it.

This should make possible the idea that before Moulay Ahmed Benmamou there certainly were other men that history has not selected who had the merit of having perpetrated the natural methods of combat, even if they have not had the opportunity to learn the various arts of combat technique.

For this reason we must not forget to mention the perfect communion of two Arab-Berber civilizations revealing the deep roots of the "stick" in the customs of our ancestors.

This Berber Arab civilization has been through this contribution mastered the different techniques of kicks (Rahba or Ettekkar) from short or long sticks, unlike for example, the Greeks had codified the pancreas (or boxing) where techniques fists were tightly controlled with respect to addition of other methods of ancient combat. Include the fight rightly called the Greco-Roman wrestling by reference to its origin. We will not discuss at this time of Asian arts and techniques that I'm an expert, as their history is quite complex.

It follows from this that it is unfair to give this or that character in the advent of the stick, and thus fail to acknowledge the contribution of all these "strangers" who were able to directly or

indirectly mark the story by their footprints that we find here and there.

So given the mess that results, it is best to simply just to cite a few names that have survived, among others: Ouled Ben Abbou, Sidi Dahou, Zeroual el Hchem Mohamed Ahmed ben Mhalla Bourguiba, Blouffa, Houari, Tahar Ould Nouar, Ghalem ben Glillil, Boutouizra Mohamed and Ahmed Mahi Bahi, Bouazza El Gharbi, Miloud Ould Lasfar Moulay Ahmed bin Mammou The merit of these is to be able to develop technical attacks and successful defense somehow akin to a gym designed primarily to maintain the good health of the body. We are now approaching personalities that really marked the discipline of their footprints and have revolutionized the ancient techniques of combat. We are not here to tell them unaware that these fighting techniques appeared in all parts of the world thanks to the genius of some men then revealed to the general public.

But sorry, sometimes, by dint of being neglected, these techniques were swept by the winds of history. And of these there is virtually no writing. Fortunately oral traditions, legends handed down from one generation to another, have revealed to our public certain aspects of the art of fighting with the "stick."

Examples abound. The famous dance "Errahba" or "Ettekar" and where the stick was a place of choice, reflect for sure this attachment to ancestral values throughout the Arab Maghreb. Arguably not err in saying that one of the main concerns of our ancestors was to ensure self - defense.

It is in this revival we try to seal the connections between all the elements that initiate the revival of the art of stick.

It remains to recall that the multiplication of invasions, this art has had some influence, colon making a contribution against the "cultural" could inadvertently give à personal touch to these techniques. The history is there to prove it, the Mongols with their invasions across Asia, fueled the different techniques of existing combat marking their footprints and the mingling with success with their own warlike character.

In sum, an enrichment of quality in addition to the huge Asian tank martial arts (combat) represented by China, the cradle of civilization of the Far East.

Martial Arts: Its literally meaning the "art of war", but generally referred to as "Fighting Arts" are system practice and traditions of Martial Arts is a codified practice Ninjustu,

Karate (or) empty and different style of fighting other hand, it is simply term used to classify each one.

Known as any of several arts "fighting and self-defense" martial arts, it is a composite method, technique, philosophy and ideology that defines a system of physical and mental health.

The methods of self-defense in these courses are dangerous and should be performed with a single provocation powers, the

use of these methods for yourself or someone defend you believe in danger of physical harm.

The empty hand disarmed involves monitoring the natural tension of the body, a second slot for your body focuses its forces to attack at a given point on the body of your attacker moment. The two techniques used in Self-defense and throw down. Oriental styles of defense in a very efficient use of feet as weapons method. Wrestling holds are practical self defense situation.

(Dai Soke (Guru) Prof / Dr. Jagdish Singh Khatri (PhD).

The art of stick could not develop without the existence of all these schools whose contribution is really huge. We're also trying to emphasize their positive role in the advent of the sport.

ONE OF RARE PHOTOS OF MASTER DISAPPEARED



**Right Sheikh and poet ZOUBIDA Miloud Master R'Guiba
center left Mr. Sheikh Sohbi.à Es Senia Oran (Algeria)**

SCHOOLS:

Five schools exist:

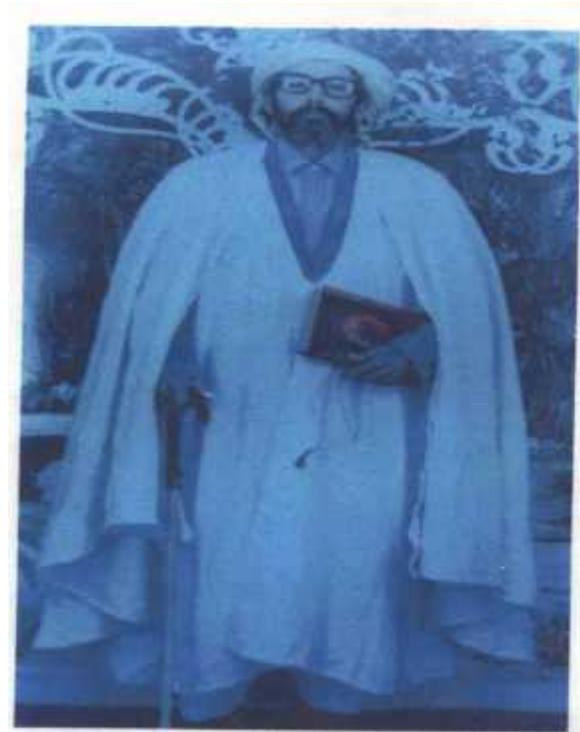
- 1 - that of chougraniens (Beni Chougrane).
- 2 - The Ben Mohamed Abed Me hall (Beni Hashem).
- 3 - that of Tahar Ould Nouar (Beni Ameur).
- 4 - that of Moulay Ahmed Ben Mammou (ORAN, of Moroccan origin).
- 5 - that M'Sila (The Centre).

So As we just mentioned above the school of Ibn Chougrane, we are aware that all the great leaders of the tribes who exercised the art of stickhandling disappeared or after being arrested and imprisoned by French colonialism or deported in the colonial evictions such Cayon or New Caledonia region, refusing to submit to the authority of the oppressor. This school could not revive after the ion disappeared all masters of this traditional sport and discipline could not be passed on to future generations.

That of Ibn Hashem had headed a Ben Me Halla Mohamed Abed, monitoring was carried out by his descendants which can include Bloufa, Houari, sheikhs Maaziz Kada born in 1916 Maïder Oued Sabah, these last two testified to the history of

merit related to Sheikh Mohamed Salah Abed, whose first promotion back to the year 1948. Remember also in this list his brother Ben Ali and Ben Ali left handed, Mr. Ould Hamed If Djillali, Mr. Ould Hamed Aouadia Mahieddine Houari Abbou Benyagoub Said Ould Meliani Belharti Brahim and his brother Baboura Moussa Rouini Mohamed Frendi, Bouchouicha Elghalmi, SnaBl Hadj Mohamed Ould Adda Zegai, Bekadja Bouhjar, Sardi Kouider ...

Major figure in the art of stick



Cheikh Mohamed Abed Salah

The second class consists of:

Abdelkader (kaider said his cousin Sheikh Salah), Ahmed Bukhari, Maâmar Hamdouni, Bellel, Krachai B. Boutlélis, Zitouni Aissa, Benouddah AEK Negadi Lakhdar Lechheb Ghalem, Boukhalkhal Abdellah M'Rah Kouider, Ameur Abdelaoui, Boukraa Daoudi Snouci Miloud (said Bouamama).

The Ibn Ameur school: Tahar Ould Nouar, Ghalem Benglillil, Boutouizgha Mohamed and his brother, Mahi Bahi Bouaza El Gharbi, the latter had lived Douilleur Ghraba and former St Maure (Tafraoui), near Oran. He moved to Oran in the 1920s where he teaches the art of stick, to its credit quality training as evidenced by his disciple Miloud Ould Lasfer, which is also installed in Oran in 1930 and had the honor to train a generation of men that history has unfortunately not retained in its shelves.'s only that include his nephew, Sheikh El Ghalmi.

The fourth school is the work of Moulay Ahmed Benmamou, which is installed in the Wilaya D'Oran in 1934 or 35 and he made a great impression with its exhibitions in the plot: "Dara", now the Palace of Sports Oran

Major figure in the art of stick



Cheikh Hadj Tahar TSOURIA-BELAID

Private training session



Sheikh Hadj Tahar and Master R'Guiba accompanied by his son Mohamed

We also note that Karmaoui El Sheikh (Sardi Kouider) was born January 27, 1930 in El Karma. He began his career in this field dice the age of 18 either in 1957 he received the title

Honorary Sheikh, under the direction of his master Sheikh Mohamed Salah Abed School of Beni Hashem.

For a period of a few years, ie until 1965, Sheikh Bekadja did not stay on stage, it was only after prompting students Ghazali Nedar and Bouaza Krachai, he could take drives again. At three they form a solid group in order to boost the formation of a new generation of sheikhs and the drives were inside the house near the Békadja Bouakal stage in a large courtyard. When other sheikhs, such as Ould Kaddour Grada, he trained in meadows nature of mountain Murdjadju;



Cheikh Kaddour Ould GRADA

Master Kaddour Ould Gradda with is Carriole



Ould Grada Kaddour with his sleigh

Hence, an increase in discipline El Matrag marked its footprints history of this art. But it should also be noted that the actual start of the discipline has been felt that to seventy-seven years (1977) and later in the early eighties (1980), with the advent of law reform the EPS,

and communal festivals organized by the municipal council of sport that have contributed to the emergence of many talents having taken over the training of the next generation.

Sheikh Lâaredj to Canastel, Cheikh El Gharbi to Tafraoui and Cheikh El Hadj says Sardi Kouider Karmaoui El Karma. Other parts we note the various drives the presence of several other masters with those mentioned above. The various schools mentioned favored the formation of several

Other young sheikhs who spread this discipline in all regions of the country.

Gathering master during a passing ranks



Sheikh Haouch Hadj Tahar center, accompanied by a pupil in the presence of Master R'Guiba

RULES DO SHIN KI

The Five (05) Principles of DO SHIN KI

1. the new energy path "carries a message of peace"
2. learn to defend themselves.
3. control and self-control.
4. serve the good against evil.
5. be just and fair.

DEFINITION OF THE STICK

The practice of stick (El Matrag). It is a tree of the wild olive branch, selected and processed so that it is resistant to blocking and attacks. Our ancestors used to defend against various predators El Matreg was their constant companion.

His practice requires proper handling of the wrist. The agility in movement, and a good reflex. These attacks are vital points such as the ear, chin, ankle, ribs etc

Forms and definitions of the stick are as follows:

A - Leaves

B Branches

C - Trees

D - Forests

E - Honey Locust

F – Wood

Forests



Two definitions can be used to explain what a stick. If we take the definition from the bottom in the autumn winds and brush and breaking violently on their way all the leaves of the trees that provide beds of leaves in the forests, the most violent bring all of their passing, leaves, seeds, flowers

And others. Carried by all these here and there through the nature enfuissent seeds in the ground dug by the torrents and then the rains come and sprinkle generously all seed mixture, then reappear in the spring as abundant and lush meadows.

Thus is formed through time, see the centuries forests that we see arise both in the mountains as prairie.

If we take the definition from above, this is simply a continuation of the story that gives us these forests. Trees are felled as it carries on sawmills or is cut up and delivered to the woodwork for the manufacture of beams, rafters, furniture, etc..

Only among the trees that have grown across regions, there are those who are not used to processing and which are fruit trees, where a torn or broken branch gives us a stick.

And it is in this multitude of sticks that you select the one that interests us, and that comes from the wild olive, known as "El Assa-Matreg" equivalent to the word stick. His story is quite complex.

Training grouping in the open air



Right Sheikh BEKADJA Bouhadjar, left Kouider SERDI said El Hadj Karmaoui these two sheikhs who revived the art of stick and could train other teachers "photo taken in the forest said Coca Cola" IN 1978.

Blocking of an attack to ankle



Grand Master Dr. Hassan Al Amoudi

(Saudi Arabia & Yemen)

With nice Blocking of an attack to ankle

THE SALVATION

THE SALVATION

THE SALVATION:

Practitioners should stick salvation as in all other sports in general, the principle of salvation and it is mandatory, but following each different discipline of salvation stick was once based on the following principles:

- 1 -. Standing with feet together, feet apart go "El Kaim" position
- 2 -. From the right hand grasp the stick right wrist, place it along the left forearm
- . 3 - Move the right foot and rotate the wrist downwards to the ground by tilting the head forwards like salvation

THE SALVATION



THE SALVATION OF TWO MASTERS BETWEEN SHEIKH KARMAOUI AND R'GGUIBA IN DEMONSTRATION OF GRADE CROSSING IN EL KARMA (ORAN)

The current Hi is done according to the following principles:

1 -. Standing feet apart, grasp the stick of the right hand and extend along the left forearm

2 -. Replace the stick vertically along the body, place the edge of the left hand along the stick.

. 3 - Back on the left side, by rotating lock with stick

4 -. Continue rotation to the right side, then return to original position 1.

1



Stand with feet shoulder width apart, grasp the stick with your right hand and extend along the left forearm

2



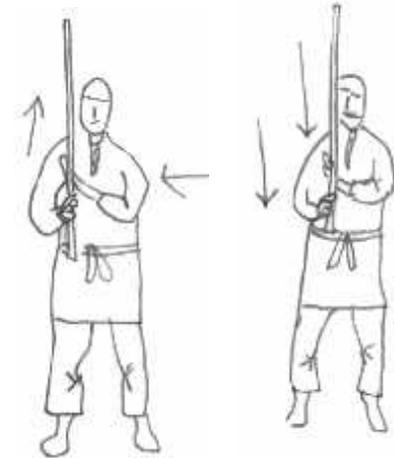
Stick up vertically along the body, place the edge of the left hand along the stick.

3



Back on the left side, by rotating lock with stick

4



Continue rotation to the right side, then return to the initial position A 1

THE FIRST DEMONSTRATIONS OF SHEIKH Hadj
Tahar TSOURIA.

GYMNASTICS



A master Hadj Tahar Tsouria Right side in one of his last demonstration (Oran) Algeria

SUPREME GRAND MASTER



Supreme Grand Master

(Guru) Dai Soke. Prof / Dr.Jagdish Singh Khatri (PhD) [Meijin/12th
the middle

Sensei Prem Singh / B.Belt 3rd Dan and Sensei Gajendra Singh / 3rd
Dan B.Belt

From WICMAS [India & Nepal]

WARM JOINTS WITH STICK



Series of pump



Heating of the pelvic



Heating of Lamber



Warming the back and chest



Heating of the lower joints



Heating of the lower joints and stretching



Heating Stick with the wrist of the hand



Heating stick with the elbow



Heating of the shoulder with the stick



Warming stick with the wrist of the hand

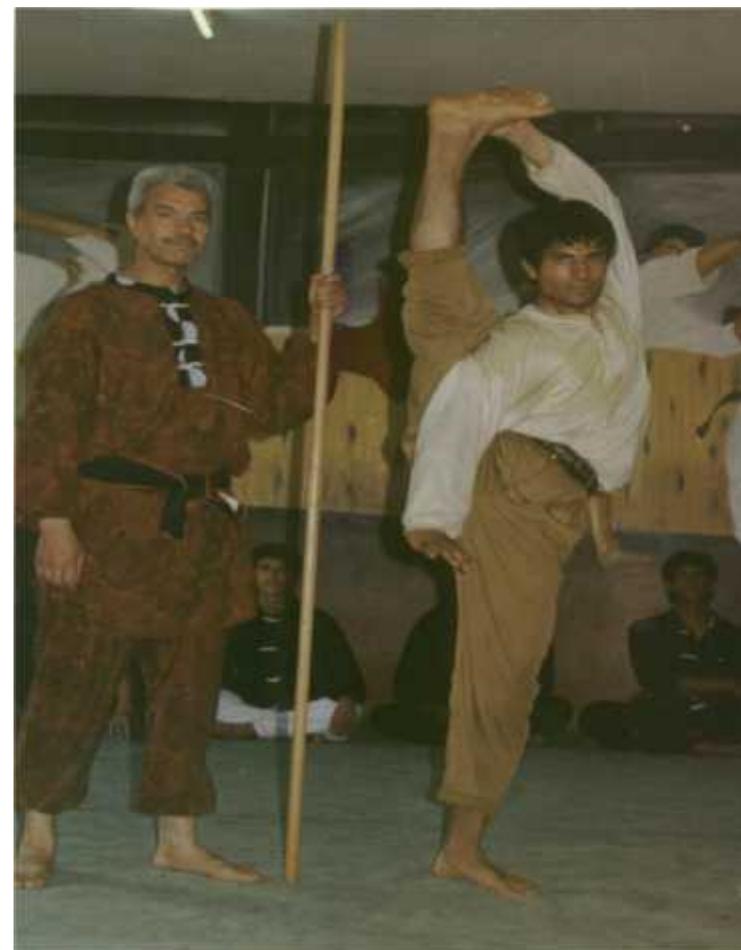


Stick with warming at the Elbow



Warming the shoulder with the stick

Facial warming foot against the stick



Master R'Guiba and student MEHDI Mustapha during a session standing facial gymnastics with stick

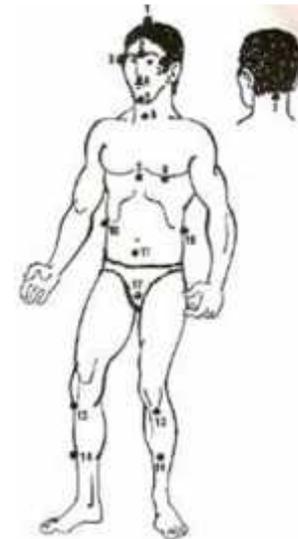
ANATOMY OF THE HUMAN BODY

Vital point rguiba doshinki:

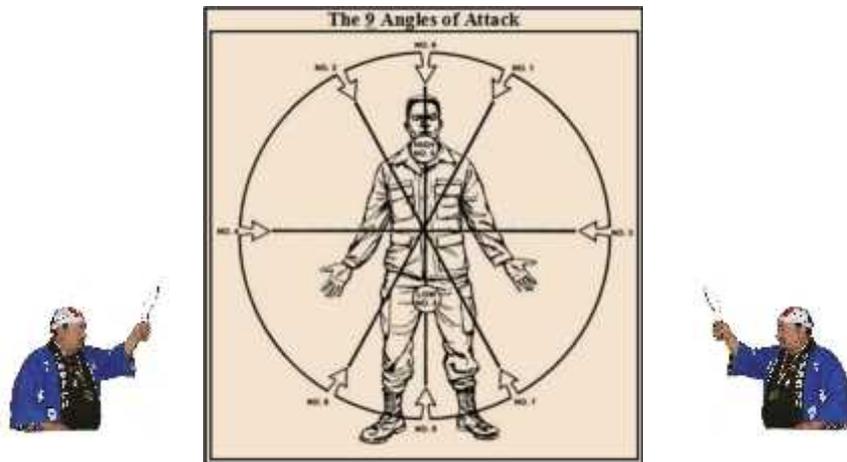
Vital points are located throughout the system. The human body contains hundreds. Most traditional martial arts identify 25 (some even 50) for novices. In doshinki only 14 points are listed.

To execute a technique Kyusho-Dim-Mak, the doshinkika must be trained to hit one or a combination of points in a specific order, with the right angle and the right direction, this resulting in disorientation, or neutralize, or cause the death of the opponent. Many combinations and techniques Kyusho-Dim-Mak's hidden in the kata

- 1 - The top of the head
- 2 - Between the eyes
- 3 - The temple
- 4 - Under the nose
- 5 - Chin
- 6 - The throat
- 7 - The neck
- 8 - The Heart
- 9 - The solar plexus
- 10 - The lower ribs
- 11 - The center of the belly
- 12 - The genitals
- 13 - On the ball
- 14 - The middle of the tibia



The Khukuri 9 angles of attack Nepalese Army



Fight and self-defense: It is made of a mixture of all technical leg techniques are used below the maximum of the body. Fighting techniques are used on the weak points of the body (pressure point) There are 44 weak points in the body located in all joints of the bones, nerves carry blood to flow towards the body. If the blood circulation is to stop using the pressure point of the body automatically stop working, it becomes loose and you do not have the power to fight, this technique is used in the Battles - "Budo Ninjustu / Nepal Arts "He has a strict training accordance with cool mind as the army and police training. Weapons are used in this art, but only Self-defense not to kill or get injured.

(Dai Soke (Guru) Prof / Dr. Jagdish Singh Khatri (PhD).

TARGET AREAS	CONSEQUENCES
1 - The top of the skull	Death may occur by fracture of the skull
Between the eyes	Brain trauma, risk of crushing or breaking of the optic nerve
temple	The death may be caused by a general shock
4 - Under the nose (nasolabial center Labinal)	Trauma to the brain
5 - The tip of the chin (mandibular apex)	fainting
6 - The throat (Adam's apple, trachea)	Fainting & risk of death from respiratory blockage & nervous shock
7 - The neck (under the spinous process of the first cervical vertebra)	Main action on the brain. Secondary action on the eyes, stomach, genitals
8 - The Heart (3rd left intercostal 2 inches from the sternal midline space)	cardiac trauma
9 - Solar Plexus (end of the sternum in the xiphoid process)	Breath can cause unconsciousness
10 - The lower ribs (floating ribs)	Right: Acts on the liver. Left: Shake the spleen
11 - The center of the belly (above the navel)	Breath away
12 - The genitals	Trauma to the testicles. Breathless & complementary action on the bladder and pelvic organs
Trauma to the testicles. Breathless & complementary action on the bladder and pelvic organs	fainting
14 - The center of the tibia (at equal distance from the ankle & knee)	sharp pain

MASTER

The teacher is a guide to a difficult progression and strewn with obstacles. Master the one hand, must have himself assimilated all the techniques his master On the other hand possess the necessary teaching skills. No technical level master can convince his pupil without teaching, it remains far from his disciples, the student must establish a close contact with his master, the contact must be especially emotional for a gain Trusted ...

The master is a perfect example technically and mentally, to the room as in his private life, which brought him to a very long and serious study.

The master is a deeply loyal honest, confident, responsible and has the duty to train guide its élèves.il plays an important role in their training, it depends on both him and his disciples.

Respect and sympathy he had them, have enabled him to discover all the secrets.

The experience of a life of passionate research and sacrifice.

It is in this way, only that the teacher gives a good heart and he knows that he can not convey to you that if the estimate for you, knowing what you did know, you use it in the right direction, dignity, and help the weak, and to serve at your party ... because you completely trust your master, if you give evidence of a compelling science.

The example of the great master B.R 'Guiba, remained a faithful disciple to his masters enceins is Remained in constant contact with them and with them.

Headquaters Oran (Algerie)



Guard Position By The Dai Soske

CONCENTRATION AND RELAXATION

When to control the breath control that provides for the welfare of the internal body, so much can be accomplished such feats the mind is very important in the practice of Doshin KI.

Breathing methods designed to reject stale air, to receive fresh air, when various movements DO SHIN KI is performed, breathing is of paramount importance, because without a real breath control, everything else will lose much its effectiveness. The strength and power can be transmitted through breath control.

The mind must keep his hand in response, he commanded and domestic reflex, which is a higher stage at which to draw any practitioner of the unity of action and mind. When in a battle of pride fear thoughts of revenge, ect ... you Live your mind, then the path is congested and natural inclusion can not spring directly in loss of speed and therefore power and efficiency .

Meditation relaxes the hope of much longer. To get good results, it is a lot of concentration and time, as well as good advice from the master, it can be done at any time of the day. The exertion and body twisting exercises are very good for the kidneys and joints.

Do not neglect, meditation because it is the only one that allows you to clear your mind, that is to say, total absence of thoughts, and absolute serenity that allows you to overcome the emotion and release your innate and acquired abilities.

It is important to know how to relax tired muscles of his body and mind after a day of work, the relaxation of the mind is used to

manage unnecessary ideas of the day, so it would be completely free and relaxed.

INTERNATIONAL DEMONSTRATION



Dai Soke in demonstration in Kopenhagen (Danmark) 1996

SPEED TO DO SHIN KI

What is characteristic of DO SHIN KI is that it must be door devolution. A wrist or foot contracted not the freedom it gives the essence and allows speed. Only a daily intensive training allows you to gain a formidable strike force, an acrobatic flexibility is a speed that allows you to break the defense from the opponent and through.

Shots are incomparably faster and more violent they have no brake when contacted, he is full of speed, which allows you to measure benefits of daily practice and studious DO SHIN KI on your mind and body.

The strength, the power of a flick of the wrist or foot DO SHIN KI is mostly a question of speed. The power of a shot is a direct function of the impact velocity and inversely as the striking surface. In calculating the driving force of the blow to DO SHIN KI, internal velocity, its square, which is very important. We must seek the speed and devolution and not force, to reach a point is beyond all under all force must be at the end of the member who shot a bit like the stone in the sling. *This is the only way to elevate yourself and acquire a substantial and largely physical and mental energy and, above the average.*

THE FIGHT TO DO SHIN KI

The impersonality of thought that equal precision allows any time to counter the unexpected because thinking is littered with no recognized idea, no desire, no fear: you are mentally prepared and physically: mentally because of the way the mind is free, because no physical force n "is directed on a limb more than another, all are ready for instant action. You must seize every opportunity, the smallest aperture, the more light because of the opponent, and make the Maximum: This is the spirit in DO SHIN KI.

Words, gestures or the invectives of the opponent must leave you perfectly Insensitive.



The fight makes it possible to run all the techniques you have learned. In Combat, only one thing counts: the action and its result, and it must be precise and Effective.

The positions are based

Must be applied daily exercise still be able to make the relationship between mind and body, at least five minutes a day is enough for the emergence of potential energy and its use for peaceful purposes or to achieve peace of mind to take away the daily burden and difficulties of life.

If these exercises, a person could reach the stage of global comments, such as breaking bricks and other materials, red and cement.

The new way of energy, (DO SHIN KI), a message of peace and cooperation with other cultures and learn DO SHIN KI discover the secret of another world



Grand Master Dr. Hassan Al Amoudi

(Saudi Arabia & Yemen)

With nice Blocking with knif and stick

GORIN ATTACK



Very good dual attack by GM from India at the center of the attack against two football Opponents to the back and stick forward at gorin

UNUSUAL STANCE

The In this chapter, descriptions and illustrations of different postures used when a fighter practice KATAS or fighting, are detailed positions, which give the Do-Shin-ki martial art a particular style, do not resemble those that have adopted in everyday life and make us lose balance easily. there are many positions, very different purposes, depending on the direction, the movement executed the presence of one or more opponents without it there is one which can be used in all situations is the center of gravity; a good position to respond to a double imperative:

To succeed in a fight, one is forced to adopt the strategy (optimal) or attack from the most optimal defense, a successful attack is dependent on the proper position which gives the body a greater stability and more power. Each techniques Do-Shin-ki martial art is performed from a position of particular leg, which gives it its effectiveness to channel in a given body strength direction, it also provides stable support points are essential when kime.

The positions are inspired by different attitudes of humans or animals when danger is sensed. On the other are inspired by such special situations, the position of the Hunter (zenkutsu dachi) or

mower (kokutsu dachi), jumper (kiba dachi). These are positions from which it is easy to move quickly to adopt a position of attack or defense. More or less appropriate:



Grand Master Dr. Hassan Al Amoudi

(Saudi Arabia & Yemen)

With nice an attack with knife and block the stick ankle

HEAD ATTACK



Supreme Grand Master Dai Soke Jagdish Singh khatri right in blocking a splandite attack on the head with dodge to the side with G. M. Soke Dr.Suresh Nayak (india)

STANCE

To succeed in a fight, we are obliged to adopt the strategy of attack or the most optimal defense a successful attack is dependent on the correct position giving the body a greater stability and more power.

The positions are inspired by different attitudes of the human or animal when the danger is imminent and felt. Others are inspired by particular situations, including the position of the hunter, the mower or rider.

In this chapter, the descriptions and illustrations of the various postures that a fighter uses when practicing kata and fighting are detailed as follows:

1. **EL KAIM**: (standing) is a holding position with feet apart facing the opponent until his attack reaction.
2. **EZZARAA** (the sower): In this position the right leg is advanced by spreading the attack with the right hand, as does the sower sowing his wheat fields.
3. **ESSAYAD** (the hunter): This is the position taken by a hunter, the legs folded forward and the other leg stretched when the hunter is ready to seek its prey, it tends to move a leg to s 'serve as a support and leave the other stretched rearwardly.
4. **EL IRTIKEZ** (support): The position is for a cat s defense against a snake, that is to say, slightly bent forward and keeping the heel lifted leg. The support is on the back leg slightly bent. :

5. **EL FARAES** (Rider): This position is similar to that of a knight rides his horse when, that is to say, with legs apart and bent knees and toes straight forward.

6. **EL ILTIKA** (with feet): The feet together and legs bent with knees and toes forward.

7. **EL Laklak** (Stork): In this position with our legs lifted to dodge a low attack at the ankle and is frequently takes the position that the stork.

8. **EL Assad** (The mower) is supported on both legs bent and squat well which one is advanced in an attack or blockage, chest leaning slightly forward, it is position that takes a reaper wheat at harvest.

9. **EL TAKATOUA** (Crusader): The fighter takes this position when it is in a poor position to protect themselves from the attacks of his opponent in block shots. And cross them slightly bent legs.

MOVEMENTS

MOVEMENTS

Movement must be directly a jet, without appeal, that is to say without any secondary action, have Be warn of the impending move before its release. This defect can be avoided precisely if we do not move a muscle contraction with only the legs but with a pulse leaving the midsection.

A properly executed movement adds greatly to the strength of a technical-ki-Shin Do martial art because the translational force of Hips can fully utilized, the whole body becomes so much more important than the kinetic energy Or a fist one foot properly mastered and channeled that energy makes the strong technical .. Where a number of precautions such as travel leap forward uncontrollable, random attacks.

The movement, however, is also the sentence or it is most vulnerable, change the reappearance of body weight, intermediary position strengthened, relaxation necessary to set the speed, changing of the guard, so many opportunities to attack to an opponent in cold blood

We have studied the positions of a static point of view, we must also remain master in the heart of travel and must always remain so in a strong position without imbalance, ready to block or to hit based on a solid foundation.

The movement must be directly a jet, without appeal, that is to say without any secondary. This defect can be avoided precisely if we

do not move a muscle contraction with only the legs but with a pulse leaving the midsection.

travel or dodges, may have after dodging in 08 directions.

1st r have before leg forward

2nd have the back leg back

Have moved 3rd leg on the right side

Have moved the 4th leg on the left side

5th 45DEG have advance on the right side

6th 45DEG have advance on the left side

7th 45DEG have back in on the right side

8th 45DEG have declined in the left side

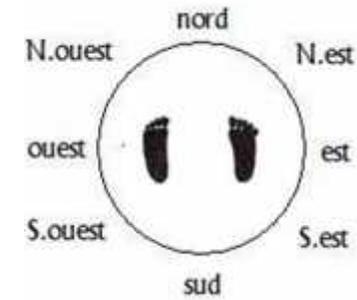
Dodge the attacks are according to the directions and where do can have dodge and attack as against unbalance the opponent may have struck its projected with its own energy.

all these movements and dodges can be run with or without blocks and attacks against or scanning of the feet, the body does not stand still to be agile by relying on the blocks to respond.

ROTATION OF HIP

Do-Shin-ki-ka in several way to work and moved hip rotations, as the online travel precautions must be observed during the execution of this rotary motion using the rotation of the hips with privy to enhanced techniques blockages and attacks against turning, and keep the same level of the hips and shoulders, to be close to or blocked against attack, mastered and channeled that energy makes the strongest technique. On this occasion, we must be vigilant at all possible attacks.

energy makes the most efficient technique, stable and strong at the same time neglect the advantage is given to the adversary to advantage of the slightest flaw.



Standby position the two parallel legs



Both feet together, move

The right foot to the west



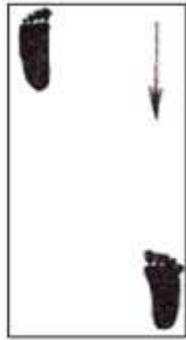
Both feet together

move the left foot eastward



The left foot to right foot forward to advance north, the north

The foot rest to the right the left rear foot rest rearwardly.



The left foot back and forth. The right foot fell back to the south, to the south

The right foot is forward. The left foot is forward



The left foot 45 ° in advance the right foot forward in 45 °

To the north west, in the direction northeast,

The right foot is back. The left foot is back.



Right foot back in the 45 ° left foot back in 45 °

To the south east to south west direction,

The left foot is forward. The right foot is forward.

Standby position the two parallel legs



Both feet together, move both feet together

The right foot to the left foot moving west to east

HEAD ATTACK



BLOCKS

Supreme Grand Master Dai Soke Jagdish Singh khatri right splandite
attack on the head, the left opponent dodge down.

GUARD POSITION



1

1. guard position

TARCHA (EARS)



Attack Tarcha Barania (ext ear) Sheikh Ghalem left and right Beregane.

TARCHA (EARS)



2



3

2. Tarcha dakhlania (int ear) 3. Tarcha Berania (outer ear)

KTEF (SHOULDERS)



4



5

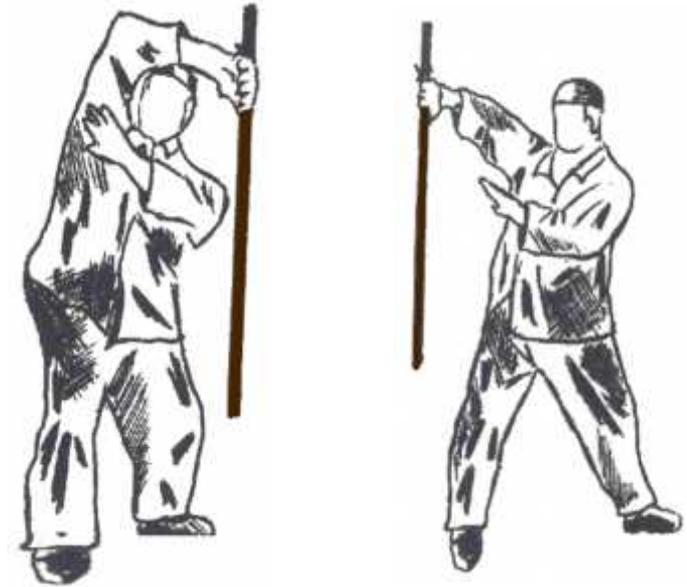
4. Ktef DAKHLANI (shoulder int) 5. KTEF BARANI (shoulder ext)

NOSSE KIDNEY



Le Sheikh El Haj SARDI Kouider called Karmaoui and master R'Guiba Boumediene right side in training session at the school in El barki (1994).

NOSSE KIDNEY



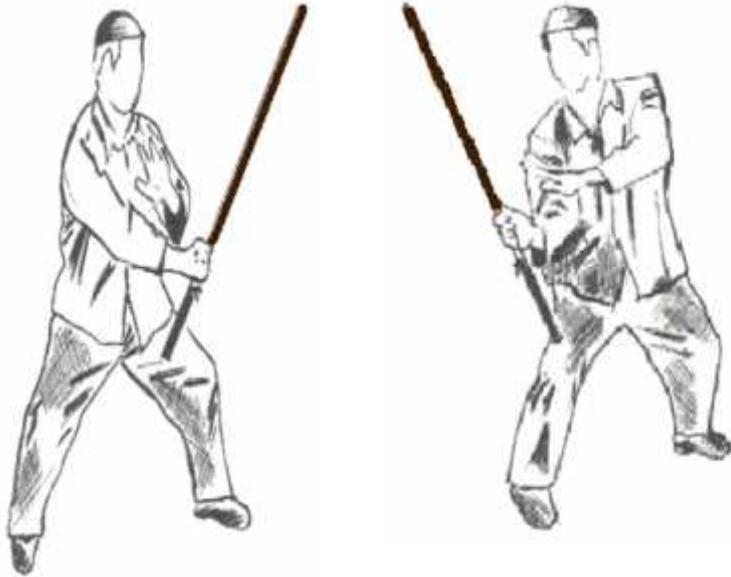
6

7

6. nosse Barani half (or) outside kidney

7. nosse dakhilani half (or) within kidney

MARFEG ELBOW



8

9

8. marfeg Barani outside elbow

9. marfeg dakhilani inner elbow

HACHA ANKLE



10

11

10. hacha Barania outside ankle

11. hacha dakhilia inside ankle

LAHIA CHIN



Cheikh Abdelkader Ould gradda right during a working session left chin lock, Lahia.

LAHIA CHIN



12

12. lahia CHIN

RASSE HEAD



13

Rasse HEAD

BLOCKING HIP LEVEL



Blocking an attack big stick at the hip

DOUBLE ATTACK AND BLOCKING



Double attack & blocking at the head and knees

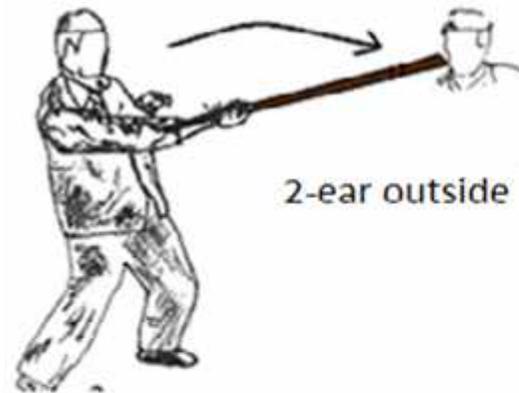
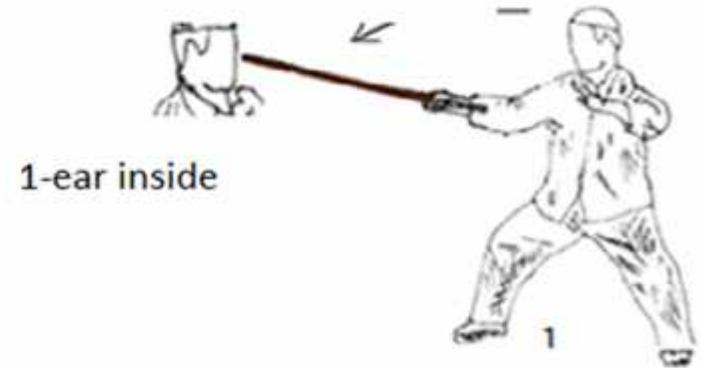
HOUDOUM ATTACKS

ATTACK AND DEFENSE

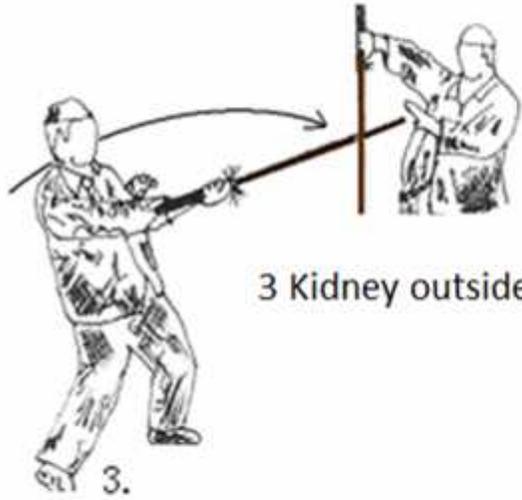


Great attack at the knees followed by a excellent jump dodge

EAR



kidneys

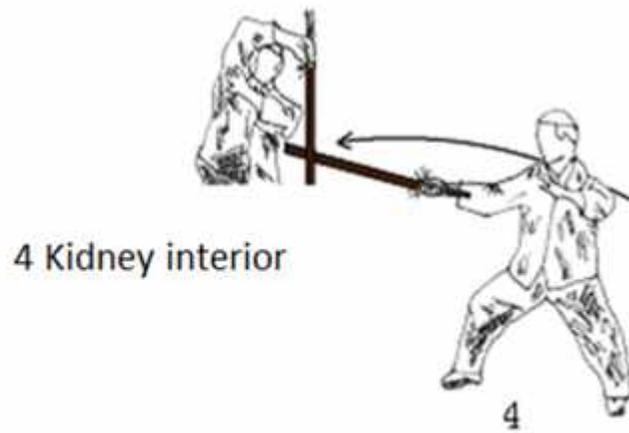


3 Kidney outside

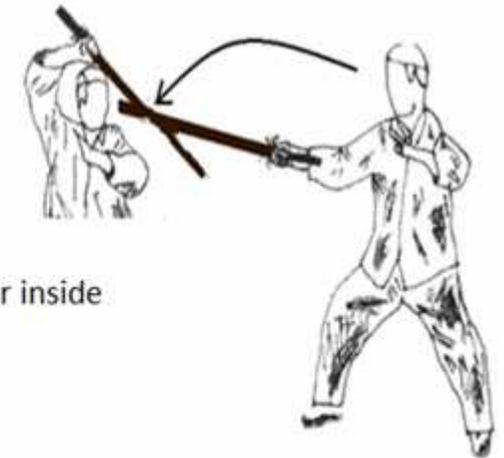
SHOULDER



5-shoulder outside



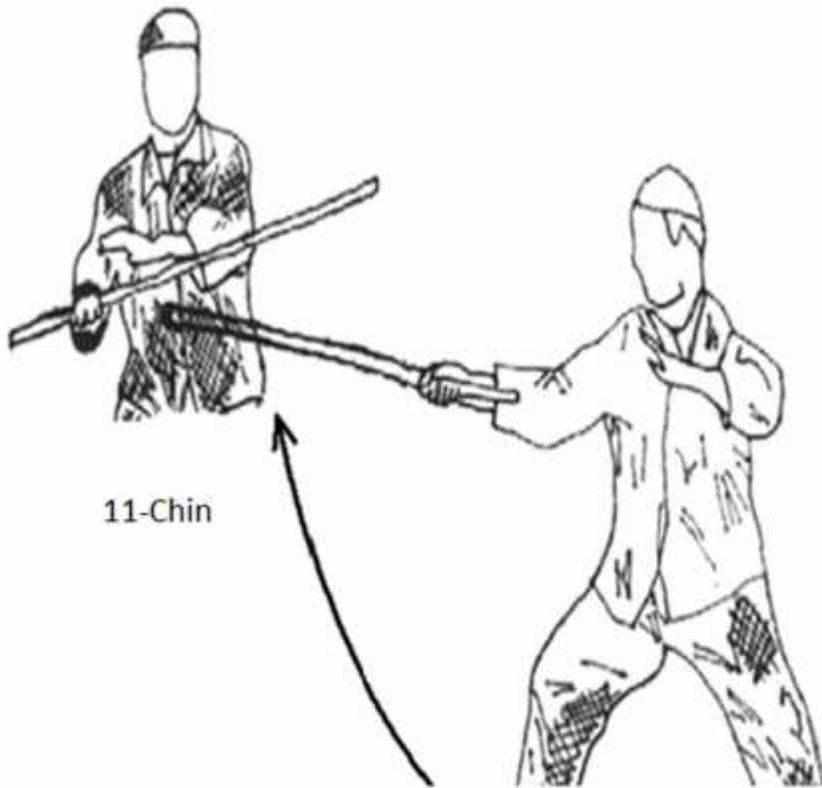
4 Kidney interior



6-shoulder inside

FIGHT AGAINST MULTIPLE OPPONENTS

CHIN



11-Chin



Sheikh Benhaouia Kuidr in combat against multiple opponents

Oran (Algeria)

FIGHT AGAINST MULTIPLE OPPONENTS

Four cercle attack



Blocking the stick at the head of four opponents

Mumbai (India)

Groin attack



Supreme Grand Master Dai Soke Jagdish Singh khatri right splandite
Blocage against Groin

Mumbai (India)

Very beautiful sword attack resemblance of an attack
stick défense by the Grand Master

GREAT MASTER



Sheikh Bouaza Krachai ABDELKADER DIT (Ould Sliem) right acompagné
Master R'Guiba left (Boutlélis) 1978



Suprême grand master

Guru) Dai Soke. Prof/Dr.Jagdish Singh Khatri

Démonstration 1995



Great demonstration during the transition for the level (DAN) 1995,
the late Grand Master SARDI Kuider in the left and right side Grand
Master R'Guiba Boumediene

1. RULES OF ARBITRATION

First regional championship USTO

ORAN 2000



ORGANIZATION OF ARBITRATION

From left to right Hajj Sheikh SARDI Kouider said karmaooui
to master center B. R'Guiba right hajj Touaibi Benaouda.
.USTO ORAN 2000

FIRST NATIONAL CHAMPIONSHIP A BLIDA 2000



National referees during a national championship in Blida (Algeria) 2000

CHAPTER I ORGANIZATION OF THE COMPETITION:

The place of competition is the hall or KAA. Competition from traditional sport in Algeria for a long time, but it is only a few years, the official competition began in 1993.

After the creation of the Association for the Development of Traditional Sport (ASAD) in 1994, a commission was set up to sound of the (ASAD), consists of large Masters Martial Arts and specialized in arbitration, which it should be noted its head "BENMOUEFEK Mimoun" international referee and R'Guiba Boumediene, both with large international experience in arbitration and have developed a wide arbitration rules. All this work they carried was presented to the officers of the arbitration commission for approval should be noted in this regard that the work was approved and encouraged by the said Commission.

ARTICLE 1: the place of "competition (or room KAA), the area of the competition must be a workable surface and presenting no danger.

ARTICLE 2: the area of the competition must be square.

ARTICLE 3: the area of the competition will be a square of 10 (ten) to 12 (twelve) meters of coastline.

ARTICLE 4: Two (02) parallel lines of one (1) meter long perpendicular to the line of the arbitrator shall be drawn at a

Distance of two (2) meters from the center of the competition area for the position of the fighters.

ARTICLE 5 and three (3) meters of the central arbiter and in each corner, a judge.

OFFICIAL TOURNAMENT

ARTICLE 6: Materials:

For success of a competition you must:

ARTICLE 7: Two different colors to chèches

a-To be able to differentiate the fighting.

b-shuffleboard or flags for the judges one white and the other green.

c-One or more timers.

d-One or more timers.

An e-gang with hammer to warn the beginning and the end of the match.

The f-stop or whistles to announce the game.

A doctor or emergency ambulance.

ARTICLE 8: officials.

a-A marker and stopwatch.

b-A supreme arbiter.

c-A central referee.

d-four corner judges.

An e-Chair Committee Director, Technical Director, Competition Director, Guest of honor etc, to assail a table away from the square of the competition (Face to the table markers Judges)

CHAPTER II: THE ROLE OF THE REFEREE AND JUDGE

ARTICLE 1: OFFICIAL DRESS.

A-A VEST BLACK.

B-A TRADITIONAL BLACK PANTS.

C-A WHITE SHIRT (LONG SLEEVE IN GREEN SHORT SUMMER.

D-WHITE SOCKS.

E-TRADITIONAL BLACK SHOE

REFEREE'S SUPREME.

ARTICLE 2: EACH COMPETITION MUST HAVE A SUPREME ARBITER TO OVERSEE, MONITOR, STOPWATCH AND FORMALIZED COMBAT.

ARTICLE 3: THE SUPREME ARBITER DESIGNATED BY THE CHIEF REFEREE.

ARTICLE 4: THE SUPREME LEADER OF REFEREES, MAY BE INVOLVED IN ALL OPERATIONS AND DECISIONS OF THE REFEREE IN CASE OF CLAIM FOR A MANAGER TO ASK FOR EXPLANATIONS OF SUCH A DECISION OR OTHER.

CENTRAL REFEREE

ARTICLE 5: THE ROLE OF THE REFEREE

HE WAS WATCHING FROM THE BEGINNING TO THE END OF COMBAT.

B-MUST MONITOR ATTACKS TO GIVE POINTS.

C-HE GAVE THE ORDER TO START AND STOP THE FIGHT.

JUDGES:

The role of judges corners

ARTICLE 6: There are four judges over everyone in a corner with two pallets and two flags to indicate their judgments.

ARTICLE 7: referees and judges are appointed by the head of the referees.

ARTICLE 8: It must ensure the smooth running of the competition.

CHAPTER III - THE COMPETITORS:

ARTICLE 1: Competitors must wear the official uniform, one of the competitors must wear a green scarf and the other a white scarf.

ARTICLE 2: Each competitor must keep their hair clean and cut a length such that they do not impede the proper conduct of combat.

ARTICLE 3: The turban and fez are allowed if the fighter does not wear a helmet.

ARTICLE 4: Wearing glasses is prohibited (Single contact lenses are authorized under the responsibility of the competitor).

CHAPTER IV-RULES OF COMPETITION (DO SHIN KI)

ARTICLE 1 - A new sport tournament DO Shinki Algerian struggle may include the following competitions:

- Team
- Individual

- Mousalsalat

- Moubaraza

The fights can be divided into four (04) categories:

1st First Class "Minimes"

2nd Second Class "Cadets"

Third third category "Juniors"

4th fourth category "Seniors"

NOTE: The team is composed of seven (07) athletes (five (05) in competition and two (02) reserve).

ARTICLE 2: In the team competition, each team must have an odd number of Competitor.

ARTICLE 3: Before each battle, the team representative must give the table

Official list of the names of the competitors and the order in which they fight. The order may

be changed every day, but once it is registered it can not be changed.

ARTICLE 4: No contestant may be replaced by another in individual combat

ARTICLE 5: Individual contestants or teams that do not arrive on time at the scene of the competition before the tournament will be declared disqualified.

CHAPTER V COMPONENT ARBITRATION:

ARTICLE 1: For each battle, the arbitration component consists of (01) Referee

Central and four (04) Judges (see diagram)

CHAPTER 2: To facilitate the operations of the competition must nominate two (02) Timekeepers and a marker.

CHAPTER VI - THE DURATION OF COMBAT:

ARTICLE 1: The duration of the fight is limited to three (03) TIME three (03) minutes

each separated by a (01) minute rest for juniors and seniors. For cadets and

Minimal, it is two (02) minutes still separated from a (01) minute rest.

ARTICLE 2: The time of the battle begins when the referee gives the signal to start

"JIB" and stops every time he utters the word "Kif"

ARTICLE 3: The timer clear signal by a gang "bell" or

Whistle to mark the end of time.

: SCORE

TICLE 1: The result of a fight is determined either when a competitor scores ten (10) points, disqualification, abandonment or dismissal inflicted on his opponent.

ARTICLE 2: The ten (10) points are awarded on the following basis

- Good Shape
- Correct Attitude
- Respected distance
- Great rigorous application
- Spirit friendly and competitive

Effective technology with ten (10) points is assigned a known reference or withholding

ARTICLE 3: Attacks are limited to the following areas

- The head
- The front
- Shoulder
- The abdomen and breasts
- The coasts
- Thighs

CHAPTER VIII: CRITERIA FOR DECISION

ARTICLE 1: A decision will be taken according to the following considerations

- Attitude
- The competitive spirit
- Strength in travel
- The superiority in technical and tactical

ARTICLE 2: When there is no superiority or score, the following procedure will

a) - When the end of the fight, none of the competitors has scored points,

victory for the winner will be decided by the judges, according to the criteria of attitudes and superiority.

b) - *When the end of the fight the two competitors are tied, the victory*

the winner will also be taken by judges' decision into account the criteria of superiority

c) *If, after the battle, none of the competitors has proved superior,*

MATCH-score is NUL and extension shall be announced.

d) - *The winning team is the one that gets the most wins.*

CHAPTER IX: THE SCORE

ARTICLE 1: *The score will be rated on the attack vital points*

Attack to the head = 2 points (the most sensitive vital point)

Attacks the kidneys = 2 points (vital nerve)

Attack the legs = 1 point

Scan followed by a fall = 1 point

Scan followed by an attack = 2 points

Total = 10 points

WARNINGS

ARTICLE 2: *Warnings will be done according to the following cases*

- *Exit out of the ends of the square fighting*
- *Fallen voluntary soil*
- *Combatants not respecting the referee and judges*
- *Aggressive Fighter*

THE DISQUALIFICATION

ARTICLE 3: *The competitor is disqualified when he committed the following offenses:*

- *Three (03) times exits out of the ends of the square fighting*
- *Three (03) both fell to the ground voluntarily*

- Three (03) attitudes aggressive fighting

THE PROHIBITIONS (SUSPENSION)

ARTICLE 4: The suspension may be imposed on the competitor in the following cases

- Attacks the eyes
- *ATTACKS O THROAT*
- Attack in the lower abdomen
- Thrust
- Repeated exits air combat
- Talking commonly judges and referee

Championship Koshiki open to all styles in Denmark (1996)



Delivery of international arbitration degree by the President O'BRIAN Warvic to master R'Guiba during the first world championship Koshiki open to all styles in 1996 in Denmark

*

SETTLEMENT OF PASSAGES IN GRADES

The student's progress is marked by degrees that serve as rewards and encouragement to continue - as deus all martial arts.

The beginner must granite five steps before being able to submit to the examination of the first degree.

This increase in spreads on average 2-3 years.

RULES OF PASSAGE IN GRADES

TABLE OF GRADES	
PRACTICE TIME 5th STEP	
3 MONTHS	4 STEP
6 months	3 STEP
12 months	2 STEP
18 months	1 STEP
24months	1 (first) DEGREE 2 to3 years

The grade is a recognized technical level acquired after a regular practice students grades are more ie progression to spiritual mastery.

Orders from the 5th to the 1st stage are issued by the coach.

The degrees are awarded by the National Commission (or) the federation.

The right of way at grade level.

Must vouchers

The club card or passport with honors three years of practice signed by the result.

- Medical Certificate.
- Parental consent for minors.

CRITERIA FOR PASSING GRADE

- 1 - Good stable position.
- 2 - Stare.
- 3 - Physical and mental concentration.
- 4 - Aesthetic movements.
- 5 - Control of movements and techniques.

1 - GOOD STABLE POSITION:

During the execution of techniques, postures must be perfect, sometimes bent, sometimes strained.

After running mousselselats must always return to the same starting point.

2 - STARE.

The look should always be fixed on the eyes of the opponent.

1 - PHYSICAL AND MENTAL CONCENTRATION.

THE OPTIMUM PHYSICAL CONDITION AS IT PLAYS AN IMPORTANT ROLE IN THE STRENGTH AND FLEXIBILITY.

THE MIND MUST BE ALERT AND ATTENTIVE.

2 - AESTHETIC MOVEMENT.

THE POSITIONS MUST BE CORRECT.

THE LOCATIONS AND MOVEMENTS OF HANDS AND SMOOTH FEET.

TRAVEL AND FLEXIBLE AND FAST ROTATIONS.

3 - MOVEMENT CONTROL, TECHNIQUES.

BLOCKAGES ARE ENERGETIC, FLEXIBLE AND QUICK DODGES CORRECT.

ATTACKS AND ATTACKS AGAINST THE HANDS, FEET OR ARMS ARE ACCURATE, VERY FAST BUT CONTROLLED IE WITHOUT TOUCHING THE TARGET, OR SLIGHTLY

TERMS OF ARBITRATION

1. TAGADAMOU = Call for the fighters (Fighter advance)
2. JIB = Start of the battle "Start"
3. KIF = Stop the fight "Stop"
4. TAHKIM = Decision of judges and referees
5. ATAADOUL = draw
6. LA CHAY = Nothing
7. NOKTA wahida = 1 point
8. NOKTATAYNI = two points
9. Thalatha NOKATES = 3 points
10. MOUNHAZEME = Loser
11. MOUNHAZEM Bidoun IHTIRAME EL Kanoune =
Disqualification without compliance with Regulation
12. Faize = Winner
13. EL WAKTE = Time
14. ISSÂAFE = Relief
15. DHARBA MAMNOUÂA = Attack prohibited
16. EL = MOUNAFISSINES fighters
17. EL = HAKEM Referee
18. EL = MOUSÂADE HAKEM Judge
19. RAIS EL HOUKAM = Supreme Referee
- 20- TAOUILAT = Tables Official

STOP FIGHTING



advance the right leg
bent in a position to
attack up the right hand



one edge of the right
hand to stop the fight



View profile

DECISIONS



feet together, hands
straight élevée en air
tendue vers le bas



Feet together, hands
ouvertes et croisées à la
poitrine (null points)



Feet together, hands
croisées et latéralement
écartées (null points)

DISQUALIFICATION



Feet together, right hand stretched upward indicating nembre fault (01), the left hand pointing to the offending.



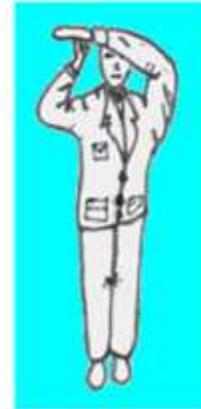
Seals, right hand stretched upward indicating nembre fault (02) feet, left hand extended toward the fault.



Feet together, right hand stretched upward indicating nembre fault (03), the left hand pointing to the offending.

NB. after three misconduct close the hand sign deportation.

TIME



Both feet, left hand lifted horizontally at the head, right hand open perpendiculèrem in the left hand (End Fight).

CALL CARE

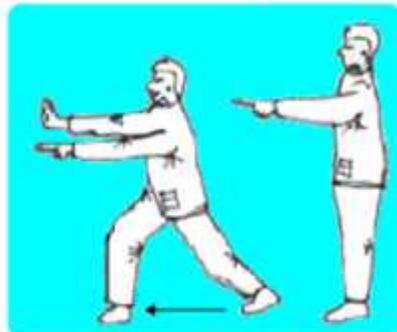


Both feet, left hand raised fingers up at the shoulder, right hand open with outstretched touching the palm of the left hand (a sign of the growing appeal of care) fingers.

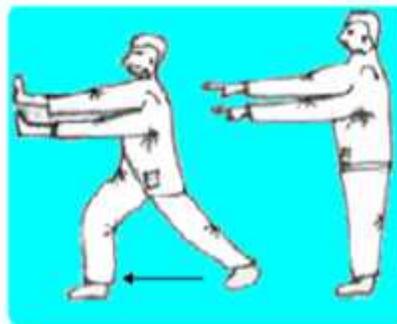
EXPULSION



Left hand outstretched
feet seals, designated
adverssaire fault with the
index



Advanced right leg, right
hand outstretched with
the palm towards the
adverssaire pointing out
the eviction.



joined hands
outstretched the
adverssaire, designating
them with the index, and
then advanced right leg
feet. make a push
forward with the palms
of both hands in the
direction of the
contestants has expelled

SCORE WITH BANNERS



Designated the attack of
the lower limbs of
adverssaire.



Designated the attack
niveau du trunk



Designated attack in the
head

DECISIONS



shared



for nothing

BIBLIOGRAPHY

1. Roland Habersetzer (Book on Martial Arts Encyclopedia Flammarion, 1968)
 2. Dr. JE RFFIER practical treatise massage popped natural collection 1979
 3. Mannuel sports injury L Peterson, P.Renstrôm -. Edition Vigo 1986.
 4. W.Khle. H.Leonhardt, W.Platzer, Anatomy Volume 1et2 Edition Flammarion 1986
 5. Dictionary of doctor
- ### REFERENCES ON ORAL HISTORY
6. A.Soltana, B.R 'Guiba (Passage of the prehistory and history)
 7. Sheikh Sardi Kuider (Noticed on the stick). EL KARMA. ORAN 1992
 8. Zubaida Sheikh Miloud and Nemiche Sohbi (History of the stick)
Oran Es-Senia 1993.

9. Sheikh Tsuria Belaïd Tahar (History of the stick)

City Petit. Oran 1993.

10. Habraoui Sheikh Ahmed (History of the stick)

Oran Es-Senia 1994.

11. Tahar el Sheikh Haouche (History of the stick)

Oran 1994

12. Sheikh Salah Mohamed Abed (History of the stick)

Small city Oran 1993.

13. Cheikh Bouazza Krachai said AEK AEK Elkader

Elkader Ouled Sliem

(Techniques for blocking and attack on the stick)

Boutlélis Oran 1994

14. Sheikh Saeed in search of the great masters

Hassi Oran 1992

15. Master Ben Moufok mimoun (Arbitration) 1995 Oran

Special Items

16-Dai Soke (Guru) Prof / Dr. Jagdish Singh Khatri (PhD)

(India/Nepal)

THE LARGEST COLLECTION OF TEACHERS IN THE HISTORY OF STICK IN ALGERIA



We pay tribute to our great masters disappeared
and the rest they are still alive

INTERNATIONAL R'GUIBA-DO STICK-DEFENSE



(Guru)Dai Soke. Prof/Dr. Jagdish Singh Khatri (PhD) President

Dai SOKE: Prof/Dr R'GUIBA Boumédiène (PhD) author & Founder

The way of the spirit in the energy

Has a massage of peace and a willingness to cooperate with other cultures and who study the DO SHIN KI, discover the secret of another universe.



"Since wars begin in the minds of men, it is in the minds of men that the defenses of peace."

Constitution of UNESCO.

NOTES FOR AUTHORS

Combat Martial Arts programmes and manuals ICMAUA publishes original programmes and manuals of Martial Arts styles, organizations and schools: trainings, belts (Kyu, Dan) requirements and exams, education and philosophy.

Combat Martial Arts programmes and manuals ICMAUA will be published after receiving of materials from authors - members of the ICMAUA

Combat Martial Arts programmes and manuals ICMAUA is published in a PDF format and is placed in free access in the Library of Combat Martial Arts manuals and programmes ICMAUA (www.icmaua.com).

Combat Martial Arts programmes and manuals ICMAUA publishes original papers "as is written by author", without any changes (also grammatical or stylistic) in the basic text. Changes in design are possible.

All submitted articles need to be written in English and sent by e-mail to the Editor: info@icmaua.com.

Format requirements: size of page: A4; MS Word, Font: Arial, 12, Line spacing: single (1). Photos and tables are accepted.

All photos, pictures or tables should be sent in a text in .docx format.

Disclaimer

The full responsibility for the published articles belongs to the authors.

The publisher, editors of the *Combat Martial Arts programmes and manuals ICMAUA* and ICMAUA disclaim responsibility for any liability, injuries, or damages.

International Combat Martial Arts Unions Association



COMBAT MARTIAL ARTS PROGRAMMS AND MANUALS ICMAUA

Distributed for members in the countries: Afghanistan, Algeria, Angola, Argentina, Australia, Austria, Azerbaijan, Bahrain, Bangladesh, Belarus, Belgium, Bosnia & Herzegovina, Brazil, Bulgaria, Cameroon, Canada, Chile, China, Costa Rica, Croatia, Denmark, Egypt, France, Finland, Germany, Georgia, Ghana, Greece, Guam, Guyana, Haiti, Hungary, India, Indonesia, Iran, Iraq, Ireland, Israel, Italy, Jamaica, Japan, Kazakhstan, Kuwait, Latvia, Luxembourg, Malaysia, Maldives, Malta, Mauritius, Mexico, Montenegro, Morocco, Nepal, Netherlands, New Zealand, Nigeria, North Korea, Norway, Pakistan, Peru, Philippines, Poland, Portugal, Puerto Rico, Romania, Russia, Saint Lucia, Saudi Arabia, Scotland, Serbia and Montenegro, Sierra Leone, Singapore, Slovenia, South Africa, South Korea, Spain, Sri Lanka, Sudan, Sweden, Switzerland, Syria, Tajikistan, Thailand, Trinidad and Tobago, Tunisia, Turkey, Uganda, Ukraine, United Arab Emirates, United Kingdom, United States of America, Uruguay, Uzbekistan, Venezuela, Yemen, Yugoslavia.

