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Guro Luigi visits England again

On the 3rd of November Guro Luigi Santangelo of Filipino Kyusho Switzerland visited England for 4 days intensive training at the Filipino Kyusho headquarters in the south of England.

It is always a pleasure to have him here in the UK for training and to catch up on life.

For me it is a privilege to share training and time with like minded people who only want to study the true martial art way of the principles and not be bogged down or tied up with styles, systems or a collection of techniques.

During his visit the first day training concentrated on what makes everything more effective, the principles of course, we started with taking posture, keeping posture and mental posture, then went onto grounding energy and blending with the opponent. You could spend years on just posture alone without anything else, but as most people have a monkey mind me included and it is more fun to do many things, having said that as long as you are studying the principles that should be the most important aspect of your training.

The next day stick work was studied intensely on how to be on centreline at all times and how to not just hit stick to stick but on how to actually go through your opponent. We then studied the same applications with the knife and empty hand and of course it is the same principles.

The time really passed by quickly but we still had time to go to the beach which is five minutes away and to do some walking in the forest which is only another five minutes away from my town. We shared some dinners and while talking exchanged martial arts ideas and concepts and the application of the principles.

The next day we studied the Sarong and flexible weapons that with the Deadly Dolphin and its many self defence applications. My students don't like the deadly Dolphin especially when we utilise the pressure points with it. It was easy to see how effective it was by all the marks and bruises on Ian and Steve's body.

On Sunday after a beautiful walk in the new forest it was time to bid a tearful goodbye to Luigi but we know it won't be long before we see each other again.

If anyone would like to train and study with Guro Luigi in Switzerland please contact him on the links page of this site you won't be disappointed.

Guro Luigi Santangelo  
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