

Have question?

PracticalChineseBoxing@gmail.com

Here you will be able to get current PCB 2.0 information
(Video clips and / or articles).

VIDEOS:

ARTICLES :

Self defense principles

It is very important when you practice to remember that you have to be able to function physically and mentally in situations where you are at serious disadvantage.

Your opponent will probably be bigger, stronger, younger, maybe armed and assisted with friends.

Understanding situation we are dealing with helps with realistic preparation.

Very important principle I learned in ving tsun kung fu is to use minimum movement, minimum energy to achieve maximum efficiency.

Do less to achieve more, every move have to count because everything happens very quickly literally in seconds.

PCB techniques and tactics are designed to be:

- very simple and efficient
- to be used on moments notice
- so you can use them when you are tired, sick, weaker and smaller than your opponent / opponents
- to help you come home safe

Founder and Head Coach Sinisa

Date: May, 23 2016.

How to become Teacher / Coach in PCB?

There is two ways to get involved as a Coach in PCB.

First way is if you study from our instructional DVDs and you start sharing material you learned with your friends and family.

In this case you are Study group leader.

As a study group leader you are NOT certified / qualified to teach but you are learning and helping your friends and family learn, until you can get actual training with me.

Second way is to actually study here with me in Ottawa, Canada and become qualified to teach in time.

We have three combat methods and each method has three student levels and three coaching levels, very simple.

1. Student - beginning level
2. Student technician - intermediate level
3. Student practitioner - advanced level

Student technician is learning techniques and improving skills but he can not apply what he has learned to defend himself.

Student practitioner is still learning techniques and improving skills but he can apply what he has learned to defend himself effectively.

Apprentice Coach is a Student practitioner still learning PCB and learning how to coach / teach students.

He is preparing to become certified Full Coach and to represent PCB.

Ethical teaching and following teaching philosophy and procedures in coaching is mandatory.

Unethical or incorrect coaching / teaching leads to expulsion from PCB system / family.

So you can say that quality control is essential for future Coaching stuff.

Full Coach is qualified and guaranties ethical and quality Coaching.

Head Coach is PCB Director, head of the system, he ensures PCB is taught and presented properly.

Our techniques, skill development and philosophy are very unique, so we make sure students learn it in a proper way.

I hope this gives you an idea of levels in our system and how serious we are about people who represent our system.

Founder and Head Coach Sinisa

Date: May, 13 2016.

What is right age to practice martial arts?

Very often I get a question about right age to practice martial arts, so here is the answer:

Any age is good age to practice martial arts and this is honest answer.

I have had students from 12 to 70 years old and they all were able to practice with great success, sometimes even 20 year old would come to me and ask me if they are too old to start (I could not believe he ask me that question but that is what somebody made him believe)

Keep in mind that there are many different schools teaching many different kind of programs, there are big differences in methods of training, teaching and also fighting but do not let this discourage you / this is actually good for you. Only thing you need to do is find program that is appropriate to your age, health, needs and desire.

Last thing, if you are beginner or even more experienced please do some research and ask those with more knowledge and experience than you for advice, you should even try different programs before you find one that is right for you.

I am saying this to save you time because you can spend years doing something not knowing where you will end up on the end of your practice, make sure you are on the right road for your desired outcome.

Coach Sinisa!

Date: March, 23 2014.

Do I have to be in shape to practice martial arts?

To answer this question I first need to clarify and differentiate between learning / practicing, competitive training / competing and fighting.

To learn / practice martial arts you do not have to be in shape, like you do not have to be in shape to learn/practice any other sport.

You will learn and practice with your coach and / or fellow students and gradually improve and build your skills and conditioning as necessary for martial arts practice.

If you want to engage in training with advanced competitive combat athletes, I would make sure that your conditioning and skill level is appropriate for the demands so you can practice without putting yourself and/or others in danger.

And for the end if you need to use your martial arts to defend yourself in self defense type situation, than it is definitely to your advantage to be in great shape.

But you have to ask yourself a question:

How are you going to learn techniques and build your skills to advanced level if you never learn or practice martial arts because you are waiting to get in shape?!

Also if you are in great shape and you have no skills whatsoever, than you are just well conditioned athlete who still *does not know what to do in a self defense* situation.

Coach Sinisa

Date: March 31, 2014.

First principle of martial arts

To have success in your quest for great skill in martial arts always remember first principle of martial arts which is 'daily practice'.

The only thing you can always trust is your personal practice, it will never betray you.

At PCB we teach more than one martial art approach to self defence but this does not create a problem because we have found that **correct and regular practice** brings amazing results without fail and I know it will do same for you.

When you develop your daily practice routine you will improve VERY FAST in your skill level.

This is very simple advice / secret that many miss because of its simplicity, it is better to practice daily 15 min than 2 hours once a week, if you skip one training do not worry just go on with your practice and be patient because great results are coming.

Some eager students practice twice a day, choice is yours.

Coach Sinisa!

Date: April 07, 2014.

Action Meditation

In self defence situation there are only three instinctive responses we can have flight, fight, freeze.

Your opponent knows this very well and **he tries to trigger your freeze response** to make you *paralyzed for action* due to your own emotional response.

Our emotional response to being threatened is actually very natural and it is a way your body is informing you to danger and starts preparing itself to protect you.

It is normal to feel 'bad' when you are threatened by evil individual but we should not mentally start analyzing our feelings at that moment (and freeze) but *address the threat*.

You need to focus externally on the specific situation you are in, on YOUR desired outcome and appropriate ACTION.

That is reason we say that practicing martial arts is practice in ACTION meditation...you need *proper state of mind so you can have clarity of mind* to ACT appropriately.

Every day when you practice you are also **training yourself to deal with internal distraction** (mental or physical) **and be able to do so** when it is really needed when you are under extreme pressure and when any kind of mental or physical weakness will be used by your opponent.

Old coaches say you have to be ready to eat bitter... to prepare you for difficulties that lie ahead.

Coach Sinisa

April 14, 2014.

Motivation

Today I want to write about MOTIVATION... I teach that you need to be internally motivated, not moved externally by emotion (so people can NOT remotely move you in direction they desire).

In martial arts you are learning about control especially self control and focused awareness, after having high level of focused awareness you will be in control of your actions and your life.

I also know that little external motivation can always help to move you into action so please watch this short you tube video, it certainly moved me to workout today and showed me that nothing can stop determined person with warrior attitude to change their life and bring major improvement in the ir quality of living...

Coach Sinisa!

July 01. 2014.

Training structure

If you are working and / or have a family you more than likely do not have much time for your training. So planning for your 'personal' training has to be more effective and realistic so you can achieve your goals.

Short (30 min) and focused training in martial arts is more effective than long (2 hours) training, please use this information for your benefit.

Knowing **4 main parts of SKILL training** in any martial art will help you organize yourself better.

Four parts are:

1. Basics
2. Combinations / Forms
3. Freestyle alone
4. Freestyle partner

Coach Sinisa

July 08. 2014.

Speed in skill practice

Question I get a lot is which speed to use when practicing skills?

It depends if you are learning/correcting, practicing or performing.

When you are learning go very slow and feel the movement, making sure you move properly / good form.

When you are practicing you should use slow, medium and fast speed with different rhythm, so you experience different speed, power you are creating and also timing (self timing and timing of opponent or equipment you are using)

When you are performing your speed is related to opportunity and timing of your opponent.

Coach Sinisa

July 15. 2014

Embrace totality

Yesterday I watched a fight on you tube, it is K1 probably highest level kickboxing tournament on the world and one fighter was very angry...

I do not know what made him mad, he first started punching on a his opponent (while he was on the floor), judge tried to stop him but he kept hitting and even tried to stamp him on a head (he did not succeed) and judge had trouble pulling him away.

Yes he got disqualified, but his anger never left. Imagine if this was happening on the street he would have hurt him bad or worse with no hesitation.

In PCB we try to embrace reality and accept that in self defense anything goes and can be used against us, this keeps us grounded and I think safe. If on the world championship some people have no remorse or control imagine how it is outside in a real world.

Train for any situation you can imagine, one opponent, multiple opponents, blunt - edged - flexible - projectile weapons and firearms, grappling, striking and no rules so you can understand your opponent.

I would say 'embrace reality' and by being prepared you will likely NOT have to use your skills because you will use your mind more and prevent situation from happening, instead of being surprised and having to deal with it.

When developing the PCB method of training and fighting I was looking for principles and laws that unify all different eastern and western training and fighting methods and philosophies.

If you search for differences in systems, every small detail will show you how they are very different and have conflicting theories and I think you will stay lost in those small details and miss totality.

But if you look for common laws / principles between them you will find amazing similarities and connecting points. You will find that all of them are in a way the 'same' which will help you understand the totality.

To embrace totality is a way to mind / body mastery and also a way to easily reconstruct real meaning of all new or old, eastern or western, simple or mysterious combat forms and technique

Coach Sinisa

July 15. 2014