

DISCOVERING MARTIAL ARTS TO LIVE BY

MARTIAL ARTS SHOW

THE NEC BIRMINGHAM
22ND & 23RD MAY 2013

COMBAT

REVEAL: SHARON BOWEN'S SECRET LIFE

MULTIPLE ATTACKS
How to defend yourself

BHUTAN
Ancient Judo-Golpo art re-discovered

FROM DEALING WITH PAIN
To the Ring

NIKI DYANA

From the
red to the green

WEAPONS FORMS
The Dojo & Dojo's

KARATE
The Best of

**SAM
DYSON**

Kung fu, Karate,
Ninja & More!



Ancient Indo-Chinese Martial Arts *Re-Discovered* By The Legendary Black Belt Schools

Grand Master Dr. MAK Yuree is single handedly reviving the thousand years old' Indian Sub-continental heritage of Martial Arts.

Butthan is an ancient time honored Martial Art with a pedigree heritage, rooted in Indo China. It is a technical and scientific self-defense solution with a spiritual self awareness and enlightenment.

Called the noble art of stopping a fight, its birthplace is the motherland of Martial arts, the enchanting Indus valley. Its essence is an exercise for physical, mental and spiritual bal-

ance, attainable through a process of rigid self-discipline and a pragmatic approach to the restructuring of personal habits and routines.

This is an art of self-development combining modern science, especially the principles of Psychology, Trigonometry, Anatomy, Physiology, Organic Science, Logic, Nervous Systems and Siddha Medical knowl-

edge. All blended with the appropriately selected techniques for achieving desired ends that have been derived from the ancient Tibetan, Burmese and Chinese Unarmed Combat and Weapon Systems with a huge influence from the original Indian know how and heritage.

Butthan emphasizes the physical conditioning through modern and classical Indian exercises; science based unarmed combat and the knowledge of vital point striking and underpinned by a skill in additional weaponry systems. The style is purely focused on practical combat skills, yet keeping all ethics and accepted traditional norms of the original Martial teachings. Its value and principles are in synchronization combined with ancient Indian sub-continental warrior's mind training methods.

Butthan is more than a mere attachment of the time-honored long traditional self-defense methods it adds great value to it by updating through a modern approach to research and indicative development of science relevant to this great Martial Art.

It is a culmination of real life experiences and scientific principles combining all that is best of the ancient methods and teachings:



Dr. Yuree with his Legendary Late Grand Master Shi De Qian, the 31st generation heir of former Abbot Su Xi from historical Shaolin temple.

Vajromushti, Bando, Tibetan Kempo & Shaolin Boxing /Chuan fa, Banshy, Yoga, Varma Kalai, Kalaripayate, Min Zin, Dhyana Biddaya, Latthi-khela, Pranayum, Silambam .

It is strategic and very different from competitive martial art practices, which basically aim students at gaining medals and points by exhibition of skill and performance on the mat.

Butthan Combat System develops psychophysical capability for defending oneself effectively in unpredictable and dangerous situations without being unnerved. The strength of mind holds the strength of body. This enables oneself to stand up to the challenges in life and disciplines using one's mind and body in tandem. Apart from the physical techniques, the disciplinarian, philosophical, ethical expressionistic and meditative aspects of the Butthan Martial Arts is a vital feature.

Training causes the balancing of the chakras or energy centers and saptha dhatu (seven tissues in the human body-plasma, blood, muscle, fat, bone, bone marrow and semen), stimulation of nadisuthra points according to the Indian ancient medical doctrine, working with vital points, and the awakening of prana or life.

When the internal ability to handle the stress fails the body; the defense mechanism tends to become weak and gradually a breakdown the body's system. This can accelerate the individual's well being and physical health towards a state of mental and physical illness or disease.

On the other hand Butthan training can help to reduce tension and calm down the emotional levels and state of mind. Helping to improve and develop mental alertness and attention span, simply generating mental nourishment to the nervous systems and along with the correct blood circulation makes the body organs function efficiently.

It can as a regular exercise regime and discipline help to keep one in a state of positive health. While the body system starts to function better, personal physiological output becomes greater.



This, obviously necessitate personal development of body and mind respond and activate promptly and proportionately with an aim to improve not just physical approach but higher levels mental awareness and a higher state of alertness using logic, in combat reactions.

Simply put, through using the various benevolent practices of this system, unwanted stress and strain can be eliminated to avoid psychophysical fatigue. Using as a base Dhayan (meditation) as well for spiritual development and internal enlightenment in the light of ancient Indian-Tibetian mystical systems.

It enables the student to master balance and co-ordination, the principles of movement in space and to understand the continuous flow of energy in the body. Butthan is based on identifying Varmas ('vital spots') which are treated with massages and Siddha oils and herbal medicines.

Using varying degrees of force to strike the body at different vital points can produce surprising results. When used by a trained expert, these blows can cause severe bodily injury instant incapacitation, paralysis or if required great pain. It can revive a seriously injured person. A timely touch, a slap, the use of specialized massage techniques or a gentle blow on another vital point can save an injured person.

Butthan discourages to place limits on the perpetual Martial spirit, and physical challenges that undermine the true values of Martial arts. Butthan emphasizes to cultivate and promote all senses of human integrity, righteousness, self-discipline, self-confidence, self-satisfaction, moral value, psychophysical fitness, concentration as desired, etc. to fight against drugs, alcohol, and immoral business. Its aim is to help students to learn and attain peaceful and graceful life for mankind; Butthan Martial Art will contribute more and more to the student in the days to come.

BUTTHAN is more than a way to Self-defence (Atha-raksha) and self development (Atha-unnaon). It is a progressive, benevolent and pragmatic new age system with various tools for the advanced solution of problems relating to personal safety, security, and health across the globe.



Grand Master Dr.Yuree in front of the main gate of Shaolin Monastery, China ,the cradle of Martial arts in the world.



Dr.Yuree after his successor ship awarding ceremony with his great Grand Master Khin Maung Gyi., Prsedent-South East Asia Bando Association.

The main Philosophy of Butthan Martial Art is to reach the root of any problem and to take rapid and appropriate measures to remedy it through logic in shortest possible time. It is seen as effective, simple, realistic and easy to learn method of self-defence .

Butthan way of martial art is an endeavor to revive the lost glory of the Motherland of Martial art. It is a symbol of Personal development, honor, safety, and creed. Become part of the lineage of the legion that is reviving the priceless Indo-

Chinese System by; Learning it all at Legendary Black Belt Schools!

Grand Master Dr.MAK Yuree,an Internationally acclaimed exponent of Indo-Chinese eclectic Martial Arts and recognised as the Grandmaster of the Year, 2007 by World Martial Arts Hall of Fame, USA . Dr.Yuree is a United Nations representative, Security Adviser & Goodwill Ambassador to World Human Rights Service Council, NY Tel :07799150506 or Visit ; www.legendaryblackbelt.com and www.butthan.net.



Grand Maste Dr.MAK Yuree inside the Bodhi Dharma (founder of Martial Arts) Society temple, Kanchipuram, India.