

RUSSELL STUTELY PRODUCTIONS



Russell Stutely Productions

PRESSURE POINTS FOR THE REALIST

Europe's No. 1 Expert on Pressure Points in the Martial Arts

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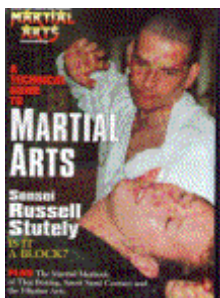
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Russell Stutely has been acknowledged as Europe's Leading Authority on the use of Pressure Points in the Martial Arts. One of the leading sources of inspiration in street useable Kata Bunkai over the last 8 years, Russell has been instrumental in dragging Traditional Martial Arts kicking and screaming into the 21st Century.

Never one to rest on his laurels he has continued to train and develop every aspect of Kata Bunkai, Self Defence and indeed the sporting applications of the Arts.



Russell is a regular Columnist for Britain's most prestigious Martial Arts magazines, Martial Arts Illustrated, Traditional Karate and Combat.

He has had Front Cover treatment twice as an individual and actually appeared on the Front Cover of MAI 4 times in one year - equalling the feat of one Bruce Lee.



The launch of The **Russell Stutely Platinum Training Program** has been the catalyst for a tremendous growth in the knowledge and expertise of Russell's Program Members.

Russell Stutely is also one of the leading Seminar Instructors in the UK, where he is in constant demand to teach the following subjects:

- Pressure Points
- Kata Bunkai
- Self Defence
- Power generation

It was during his studies of Pressure Points and the related sciences that he also began deep studies of body physics, body dynamics, body mechanics, TCM, MWM, A+P and how it relates to the Martial Arts.



These studies, along with countless hours of training, developing, learning and travelling to train with known greats resulted in Russell attaining a level of knowledge that few possess.

Russell's greatest ability is to teach this remarkable diverse and complicated subject matter in a way that is easy to learn, easy to replicate and best of all... easy to pass on to the next generation.

Russell has succeeded where so many others have failed... he has made an incredibly difficult subject, extremely easy to understand.

In his latest DVD release with New Approach Publishing (NAP) - Power Black - Russell took up the challenge of "Doubling Students Power in one Hour". In fact he achieved this in less than 40 minutes and in some cases exceeded all expectations.

Russell is now in ever increasing demand for Seminars and Courses in the USA, Canada and as far a field as Australia and New Zealand.

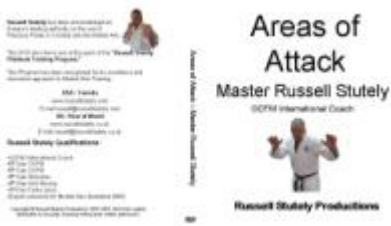
His Platinum Training Program has enjoyed amazing success in the UK and is now destined to replicate that success in the USA. With Russell now making many trips a year to the USA, he is in a position to give the “hands on time” to those enrolled on this Program and to rapidly ensure their success and growth as Martial Artists.

Russell is also the founder and International Coach of the prestigious Martial Arts Organisation, Open Circle Fighting Method (OCFM). This group of Coaches prides itself on the depth of knowledge and ability of the Coaches.

The OCFM proudly boasts to contain some of the Worlds leading authorities within its ranks. All of them having the commonality of “Principle Based” training methods and the knowledge of Pressure Points as applied to the fighting arts.



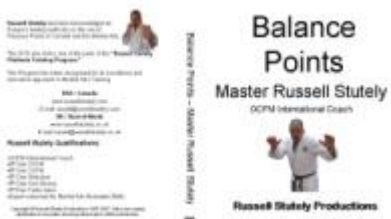
“I guarantee to MASSIVELY increase your Martial Arts knowledge and ability. You will DOUBLE or even TREBLE your Impact. Remember that all of my products carry a 100% cast-iron, no quibble, money back guarantee. To date, after 12 years, no-one has asked for a refund!” **Russell Stutely**
OCFM International Coach



AREAS OF ATTACK

This tape takes you on a guided tour of the Human Body, detailing the weak areas and how to attack them.

Price: \$49.95 USD



BALANCE POINTS

The Lost Art of Body Physics This tape details the Balance Points of the body and the correct training method required. You WILL learn how to take your opponent down with absolute ease.

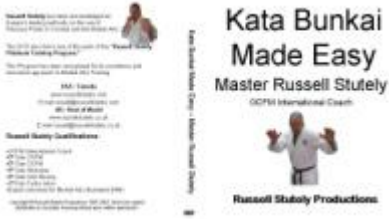
Price: \$49.95 USD



BODY ALARM REACTION

This is fast becoming the most talked about Tape in the Martial Arts. Many say they use BAR, but this IS THE REAL DEAL.

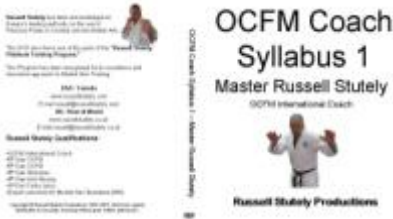
Price: \$49.95 USD



KATA BUNKAI MADE EASY

This tape shows you the correct training drills to understand how and why all these weird Kata movements can be interpreted.

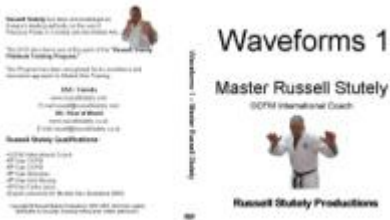
Price: \$49.95 USD



OCFM COACH SYLLABUS

Details the syllabus requirements right up to Senior Coach. A truly fantastic tape filmed digitally. Utilising the information on this tape correctly will enhance your MA ability by 50% at least.

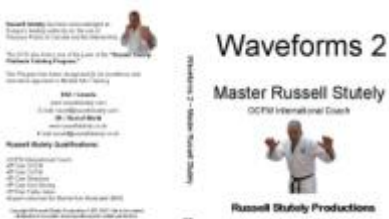
Price: \$49.95 USD



WAVEFORMS VOL 1

How to practice the most awesome power delivery system in the Martial Arts. A clear and concise explanation of how to achieve amazing power.

Price: \$49.95 USD



WAVEFORMS VOL 2

Following on from Waveforms Vol 1. Learn how to utilise waveforms in various techniques and perform them on the move.

Price: \$49.95 USD

LATEST RELEASES

These DVD Sets are of broadcast quality throughout. They have taken the MA World and SD World by storm since their release. They have been featured in the following magazines:

Martial Arts Illustrated, Combat, Mens Health, Mens Fitness, EVO, Autocar, Car, Top Gear, GQ, Black Belt and of course all over the web!



POWER BLACK

This is quite simply the very best DVD Set I have made. It has a TON of information and is absolutely TOP quality throughout.

Price: \$349.00 USD



PRESSURE POINTS BLACK

The new 6 Part DVD produced by NAP, featuring Russell Stutely.....

Price: \$349.00 USD



MFFS 5 DISC

This is the whole of the MFFS Information in one mammoth 5 Disc DVD Set. The information contained in this set is priceless, plus a BONUS DVD containing 12 DEVASTATING K.O's.....

Price: \$149.00 USD



MFFS IMPACT

The Multiplied Force Striking System. This 3 Hour Double DVD set will simply Blow Your Mind. Learn how to generate so much power and Impact that you will simply be amazed....

Price: \$79.95 USD



MFFS PRESSURE POINTS

This new Double DVD Set follows on from the Double DVD Impact set. By combining the information shown on both sets you really can "transform" your Martial Arts

Price: \$79.95 USD

SPECIAL OFFERS

The Russell Stutely Special Offers vary from time to time, so it is always worth checking the website to make sure that you get the very best deal available.



RUSSELL STUTELY ALL IN OFFER

This includes the following DVD's

- Areas of Attack
- Balance Points
- Body Alarm Reaction
- Kata Bunkai Made Easy
- **MFFS 5 DVD Set**
- OCFM Coach Syllabus
- **Power Black - The new 6 DVD Release**
- **Pressure Points Black - 6 DVD Set**
- Waveforms Vol 1
- Waveforms Vol 2
- PP Database
- PP Listing
- One Month FREE Membership to Russell Stutely Members Only Site
- Plus a few extras that are not listed - I will put them in the pack

Bold indicates the latest releases

Normal Price \$1686.60 USD

---> PRICE YOU PAY: \$999.00 USD <---

SAVE \$687.60 USD

The above offer is THE BEST Special Offer ever made by Russell Stutely Productions.

RUSSELL STUTELY PLATINUM TRAINING PROGRAM

I know the problems of travelling to train all too well! I have spent the last 12-13 years of my life travelling the World to train with those I needed to, in order to further my studies and knowledge of the Martial Arts. This has been at great personal and financial cost.

Armed with this knowledge and the sacrifices I have made, I know, that the majority of people can't make those same sacrifices.... and who could blame them?

I have now established the **Russell Stutely Platinum Training Program**. It is designed to be used in conjunction with my DVD Material, Books, Video E Mail Programs as well as a continuous ongoing grading progression and learning procedure.

For over 10 years I have been inundated with requests from people just like you, to become a Coach in my system. That is why I started the OCFM, with the sole intention, of helping as many people as possible, attain their goals within the Martial Arts. The biggest question of course was "**How do I become certified to teach your system?**".

The BIG PROBLEM was that unless, you could travel to me, then it was damn near impossible to get certified!



Well, that is all about to change and YOU will be a part of that change!

You will receive:

The Russell Stutely Video Range - This is all the DVD's produced by myself.

The NAP Range - MFFS 5 Disc set, PP's Black 6 Disc Set **PLUS the NEWLY RELEASED Power Black 6 DVD Set**

Books - Karate the Hidden Secrets

That's over 30 DVD's right there!

It does not finish there... as there is SO MUCH more to come!

In addition to the above, once you have enrolled on the Program, you will be sent a study outline, my personal training routines and a Full questionnaire that must be completed and returned to me via e-mail.

I will personally guide you through the processes required to become certified AT YOUR OWN PACE - That's right AT YOUR OWN PACE!

PLUS... I will tell you the "**inside secrets**" of learning at a vastly increased rate! Why spend 2-3 years learning to "get something" If I can teach you it in a few minutes!! You will train HARD but also TRAIN SMART with my amazing Program!

YOUR LESSON PLAN:



As you complete each stage of your training, you will be sent another questionnaire and another lesson plan to complete. You will be expected to send me a video of you executing the requirements for this lesson plan BEFORE you can advance to the next level.

We will discuss, IN DETAIL, what you need to work on and I will BE AVAILABLE AT ALL TIMES, to help and assist you in this matter.

Remember: There are NO TIME LIMITS, you will work at YOUR OWN PACE. It does not matter if you complete each stage in 5 minutes or 5 Months - I am here to help and assist you EVERY Step of the way!

You will move onto the next stage once you have sent me a video, showing that you have made the necessary adjustments and improvements. Keep sending the videos and keep advancing on the program.

How Many Lessons does it take?

Lessons is not where it's at! This is a PROGRAM.... that means the amount of lessons required is NOT what matters. Look... everyone is different, everyone learns at a different pace, everyone starts at a different level of proficiency. That is why I have created this amazing PROGRAM.

It means that you can progress at YOUR PACE, at ALL TIMES, in order to reach YOUR GOALS! The time frame is not the issue here, just the GOAL. The goal is to become a certified Coach in my system, the time frame is entirely dependant on YOU.

Either way I WILL be here to help, assist and inspire YOU to reach YOUR GOAL.

Once you have learnt everything on the DVD's and MORE of the secrets I will share with you, then I WILL BE HONOURED to call YOU a graduate of my Program.

Remember: I am not a Belt factory or a Coach factory.... If you make the grade with me, then you are certain that you are an awesome Coach and that you truly have earned the right to be certified as such!

You will get everything and I do mean everything... but here are a few examples of what you will learn:

Punching: The REAL secret to hitting MASSIVELY hard. You WILL hit with amazing Power and impact, with each and every punch you make.

Balance: You will learn how and why the body is balanced. How to take that balance from your opponent and use this to your advantage. If your opponent has NO Balance... he can't fight properly... if YOU are in balance you can hit with ALL of your available POWER and Impact.

Body Alarm Reaction (BAR): What happens to your body and brain during the stress of a REAL Fight... and more importantly HOW to utilise this information to YOUR advantage... truly groundbreaking material!

Locks: How to put absolutely crippling locks onto your opponent... to the point whereby you can literally snap whatever you have hold of... truly life changing techniques

Strangles: How to put your opponent to sleep IMMEDIATELY. Forget struggling for a rear naked choke, the strangle is where it's at!

Takedowns: Learn the MOST OFFENSIVE Takedowns out there. Finish the fight there and then.

Neck cranks: Should I really say, neck breaks! These are simply devastating - train with caution!

Pressure Points: Where they are, how they work, the whole "science" required for Martial purposes, No fluff, no fancy BS, just how and why at a Martial Level.

PP K.O's: How to practice them, do them and utilise them wherever and whenever you want! More importantly, how to revive someone who has been K.O'd!

Players: What they are and how to utilise them in EACH AND EVERY move you make

Plus... SO MUCH MORE!

I have NO previous experience, can I join the Program?

This is the beauty of this program... no previous experience is necessary. It does not matter what your background is, that will all be taken into account. Remember YOU progress at YOUR OWN PACE!

I am looking to create individuals with a high level of knowledge and an ability to pass that knowledge on to others. You will NOT be a clone of me... you will be your own man / woman. It is MY job to help you along YOUR path as quickly as YOU can or want to progress.

Telephone Mentoring

I will give you my PERSONAL Mobile / Cell no's for you to get in touch with me anywhere in the World I happen to be. I will e-mail you with my schedule so that you know which no I will be on. I am here to help you!

Something to Ponder

As a graduate of my Program, you will be in a unique and enviable position. More than likely, you will be the only person within miles that can PROVE they are certified in teaching my material. You will be listed on my websites, you will be listed in the MA Magazines. YOU will have the opportunity to assist at and even teach your OWN Seminars.

I will not make any grandiose promises like you will make x 000's per year because you are certified to teach my program, but I promise that I will do all of the above and MUCH more to help you.

Double Trouble:

I recognise the fact that Solo Training is next to impossible, so I have taken the following step to help ensure YOUR progress and Certification in the Program;



Two for one offer! That's right... a two for one offer. Get your training buddy to enrol as well, FREE of charge! Both of you can benefit from this... you can even split the Program Fee. You will BOTH receive the FULL Package and Information. You will BOTH receive my FULL attention and help.

Training with Me!

You and your Buddy will also have the opportunity to spend a FULL WEEKEND training with me. That's 6 hours a day for two days. That would normally cost \$200.00 PER HOUR!

Even More training!

You and your Buddy will also have the opportunity to attend one of our twice a year OCFM Training Camps for one week and receive FREE Training for that week! Yes... absolutely FREE. All you have to do is pay for your flight and accommodation... all the training will be free. that is 5 FULL DAYS of training with me and some of my existing Certified Coaches!

Exclusive Membership

Platinum Training Program members also will receive FREE Membership of the Russell Stutely Exclusive Members Only Site. The value of this is \$39.95 Down and \$19.95 Per Month.... you get it for FREE!

Here is the last part of the jigsaw.... Maybe you are an existing MA School Owner, maybe you have always wanted to teach Martial Arts... whatever and whichever it is I can help you achieve that goal and MUCH more.

As a graduate of the **Russell Stutely Platinum Training Program**, you will have FREE access to the Martial Arts Industries **leading Business Consultants**.

YOU WILL be able to open a Martial Arts School and be profitable from Month One! If you already have a School, then they will help you to MASSIVELY increase your turnover and to decrease your overheads, thereby increasing your profitability.

That ALONE is enough to pay for this Program

What I expect from you:

- Enrol on the Program - with a Buddy if you can
- Stick to the methodology
- Learn at YOUR OWN PACE
- Keep sending me the Video Clips
- learn what is on the DVD's you will receive
- Read the books you receive
- Practice diligently and safely
- Train HARD and SMART
- Call me, Skype me, e-mail me with your questions
- Fully utilise all the hints and advice I give you
- Stick to the Program
- Accept the challenge of learning and progressing at an amazing rate
- Fulfill YOUR POTENTIAL

**The Russell Stutely Platinum Training Program WILL TRANSFORM
YOUR Martial Arts!**

WHAT DOES IT COST?

Here is what JUST the products would cost if you purchased them separately

- The Russell Stutely DVD Range - \$2400.00
- The Latest Releases with NAP - \$800.00+
- Yearly Phone Consultation \$2000.00
- Yearly Video Consultation \$3995.00
- One Weekend Private Training \$4800.00

This would give a normal minimum cost of the following:

\$14,000.00+

I don't want that kind of money from you... I want YOUR commitment. Even though that kind of money is a pittance compared to the benefits that you will receive as being a part of this Program and completing it.

As a special offer open to only 30 people. I can only realistically help this many people in any given year. This amazing Program is now available at a ridiculous price of:

\$3596.00 By Instalments

OR SAVE ANOTHER \$601.00 AND PAY

ONLY \$2995.00 Up Front!

This Program is the **ONLY** feature from Russell Stutely Productions with **NO MONEYBACK GUARANTEE**. This is because it is a Program that you take at **YOUR OWN PACE**.

If you decide to leave the program for an extended period, I will leave your place open for 6 Months. After that period, you will have lost your place.

Remember: Your Training partner can split the fee with you and receive all the same benefits (apart from the books and DVD's of course). He/She will also be able to call me, skype me and / or e-mail for help and assistance.

I have also arranged a SPECIAL TRAINING SESSION IN ILLINOIS IN 2008 for ALL my USA / Canadian Platinum Program members to attend FREE of charge. A full weekend of training, directly with me, absolutely FREE!

This offer is open to all Seminar Hosts who book a Seminar with Russell Stutely for his 2008 Seminar Schedule. **The booking MUST be made during September 2007.**

This offer is ONLY AVAILABLE to hosts in the USA / Canada.

Here is the deal:

Seminar Fee is \$1000.00USD plus expenses.

Expenses would be the cost of travel to the Seminar plus any Hotel etc as required. If the Seminar is booked as a part of a Tour, then the expenses will be CONSIDERABLY lower than a one off booking as the airfare, for example would be split amongst all the Seminar Hosts.

Russell Stutely is scheduled to be in the USA for April and May of 2008. He has a few "closed door" Seminars to do and has decided to stay on longer to facilitate a Seminar Tour for this period.

In this way, the expenses for each host will be minimal.

Anyway, here is the Special Offer.

As a host you will receive the following FREE of any Charge:

- The Full Russell Stutely DVD Range - Value \$1600.00+
- 2 Hours of Private Instruction - Value \$400.00
- 30% Discount from the Russell Stutely Platinum Training Program – Value \$900.00+
- Plus, if you enrol on the Platinum Program before the Tour, you will be entitled to a FULL Weekend of training with Russell, near Chicago, absolutely FREE!

The Seminar can be on one or all of the following subjects:

- Pressure Points – How to really make them work
- Power Generation – Double your power in one hour!
- Kata Bunkai – Learn how to interpret Kata correctly.
- OCFM Syllabus – Learn how we train

EXPECTED COSTINGS:

Seminar Fee **\$1000.00 – Fixed Price**

Travel from one host to another and Hotel **\$200.00 – Obviously variable.**

Russell Stutely requires a deposit of \$200.00 once the Seminar date, timings and location have been confirmed. This is 100% returnable should the Seminar be cancelled by Russell Stutely.

The Seminar Fee of \$1000.00US to be paid at the end of the Seminar if Cash.

If paying by Check or Credit Card, then cleared funds should be with Russell Stutely 7 Days BEFORE the Seminar begins.

If the expenses are greater than \$200.00 then the balance should be paid at the same time as the Seminar Fee. If the expenses are less than \$200.00, then they can be deducted from the Seminar Fee.

Your Special Offer DVD's will be posted out to you after the Seminar or upon receipt of the Full Seminar Fee, if paid in advance.

To book your Seminar Special Offer e-mail Russell Stutely direct on russell@russellstutely.com

Please ensure that you have the following details in your e-mail:

- Full Name
- E Mail
- Telephone / Cell
- Full Postal Address of Seminar location
- Dates Required - Preferred Date 2nd Choice 3rd Choice Just in case your preferred date is already taken.

Once this information is received, then Russell Stutely will contact you directly to sort out the finer details.

Preference will be given to the following States:

- Illinois
- Nevada
- California
- Arizona

Plus any other great location that could also double as a place for a well earned holiday!

OCFM



www.ocfm.co.uk

WHAT IS THE OCFM?

Describing the OCFM is a difficult task as it means so many things to so many people. In some ways it is easier to say what it is not!

Martial Artists tend to have a background in a traditional art such as, Shotokan Karate, TKD etc. These Arts and indeed many others are all considered to be a “style”.

There are of course many styles of Karate, Shotokan, Shito-Ryu, Shukokai, Goju etc and then branches and off shoots within each of those.

Still, they are all considered a “style” and practitioners of these arts are referred to as “stylists” of those same arts.

Therefore these practitioners are easily distinguished from others due to those “stylistic” differences and ways to accomplish the same goals, e.g a punch or a kick.

These slight differences in application and technique encourage much debate about which is better, sometimes rather heated debate. Stylists from one area may argue over the correct way to be in a certain stance etc.

All of this is of course a complete waste of time. To argue those semantics is a waste of your training time.

To worry about the aesthetics of a technique, with no deep understanding of that same technique, is worthless training.

These styles or rather stylists, fall into the trap of learning and performing in a “monkey see, monkey do” manner. To them, the effectiveness takes 2nd place to how it looks. Plus, they must all look the same, regardless of body type, build, body structure and ability level.

This is rather like trying to fit a round peg in a square hole!

The OCFM completely differs from this in so many ways.

We learn and teach from a principle based method as oppose to the monkey method. It matters not, the aesthetics of the technique, just the effectiveness at that given moment in time.

The key to gaining that effectiveness is by applying “known and proven” principles to each and every technique.

This is why practitioners of numerous and diverse “styles” have been able to incorporate the OCFM principles and thus free themselves of the shackles of their system, whilst still remaining true to the original concepts and ideas of a system they may have dedicated much of their life to.

WHAT IS PRINCIPLE BASED TRAINING?

It is quite literally what it says. For example, in a typical Karate School, a front kick will be taught in a specific way and that is how it MUST be performed... no matter what!

In OCFM, we would say that the objective is to get your weapon (e.g the foot) to the target (e.g groin) in the fastest, most powerful, most impactful and most destructive manner possible, whilst at the same time, maximising your own safety and ability to carry on with further strikes and / or defend yourself.

That general statement could be applied to any strike to any part of the body and that same principle of effectiveness then applied to all locks, throw, takedowns, strangles etc.. in fact to EACH AND EVERY TECHNIQUE!

To do this properly, means that we MUST have a thorough understanding of the body and how it works. It is this understanding that can enable us to “break down” each technique into its constituent parts and then re-build it, adding in as many of our principles as possible, to increase the effectiveness still further.

So, to do this and to teach this to others, we MUST know and understand as many of these principles as possible. We must be able to articulate, demonstrate and impart this knowledge in an easy to understand, easy to replicate fashion.

Sounds a daunting task! To be able to break down EVERY technique and rebuild it!

Well, the good news is that the VAST majority of the hard work has been done for you. The principles (often referred to as Players) upon which techniques are based, have been documented and laid out in a structured learning plan.

In this way, the Coach, can more easily pass this information on to his students.

To make this easier to understand, think of it like this. If you have a Boxing background, then you have a completely different training background to a Judoka. However, many of the principles that make up a technique, will be the same. How could they be? One is punching and the other is throwing and locking etc.

Well, look at it this way, what do you need to have in place before you can punch or throw your opponent? Distance, your own stability and balance, loss of balance / stability in your opponent, alignment of your own body, mis-alignment of your opponent, footwork and the list goes on.

These are all PRINCIPLES that make up a technique. From the above example, you can now see that these principles can be picked up from one area (say striking) and utilised in another (say throwing).

THE OCFM SYLLABUS

The OCFM Syllabus is split into two areas:

- Practitioner
- Coach

These areas are not mutually exclusive. For example, one could be a 5th Dan practitioner, but not hold any Coaching qualification. Also, one could be a Coach, without necessarily being a practitioner.

PRACTITIONER

Starts from the beginning and learns the following:

OCFM Striking Syllabus - For 1st Dan

OCFM Grappling Syllabus - For 2nd Dan

OCFM Coaching Syllabus - For 3rd Dan

COACH

Can be from any other system (a minimum Black Belt level) and learns the following:

OCFM Coach Syllabus – To Coach level

Option to learn the Practitioner Syllabus.

The OCFM Coaches are from a wide variety of backgrounds:

- Shotokan
- Boxing
- Ju Jitsu
- Catch wrestling
- Tai Chi
- Tae Kwon Do
- Tang Soo Do
- Kung Fu
- Balintawak

The tie that binds us all together is the principle based training methodology. In this way you could go to an OCFM Boxing Coach and he would be speaking the same “language” as an OCFM Wrestling Coach.

In other words, the Coach will be talking about the principles that make up a technique, how to increase the effectiveness of that technique and not be worried about “stylistic” differences or making it look pretty. It just has to have the right principles behind it and it will be MUCH MORE effective.

This methodology has been proven to work countless times for both Self Defence and for Sports Fighting.

I highly recommend that you take the time to visit our website www.ocfm.co.uk and also to visit the sites of various Coaches to get a better feel for what we do.

What we ABSOLUTELY GUARANTEE is that we WILL INCREASE YOUR MA KNOWLEDGE AND EXPERTISE.

Following many years of testing, developing and research, Russell Stutely, felt it was necessary to ensure that the OCFM methodology was verified by his peers. To this end, he trained with and became a Coach / Instructor with many of the top names in the world of Martial Arts.

They unanimously endorsed the methods espoused within the OCFM. To such an extent that many joined its ranks!

Russell then decided that to really put the OCFM on the map so as to speak, to really ensure that it was providing the very best, that he must look at all areas of the Martial Arts, not just the actual teaching of techniques and principles.

To this end, Russell again sought out the leaders in their respective fields and so, more aspects were added to the OCFM Syllabus.

- Coaching Certification
- Sports Coaching
- NLP
- Business training

Various Health and Safety issues were also researched thoroughly and the very best First Aid, Child safety, safety in the Workplace, Child psychology and other areas of learning were also incorporated.

Russell, then looked at the highest standards of each area currently available in the market place. This was when Russell made the toughest decision yet, he decided that other organisations MAXIMUM qualification, would become the OCFM MINIMUM requirement.

To this end, whenever anyone in the Martial Arts talks about “standards” you can be assured that whatever there “standards” are, then the OCFM has set that as the minimum you must attain.

It is this necessity for the best that bore fruit later, as the OCFM Syllabus and teachings as above were put before the board of Knightsbridge University. Where in the spring of 2007 the OCFM Degree was agreed and sanctioned.

Recognised by Universities worldwide and available as a “Distance Learning Course” this has truly set the benchmark for MA Training for the future.

The BSc Martial Arts (OCFM) is now open to application from dedicated students anywhere in the World.

OCFM COACHES

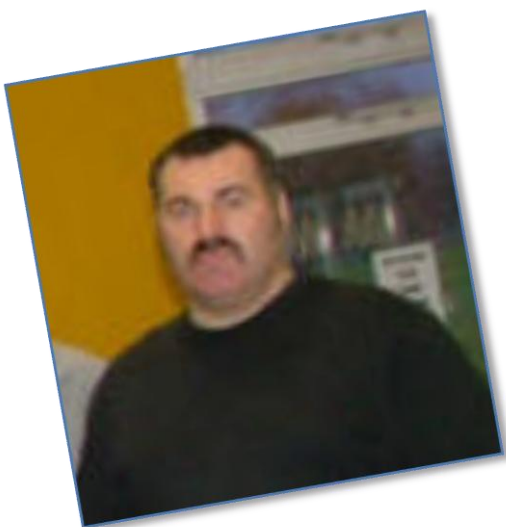
Listed below are some of the OCFM Coaches. This will give you an idea of the depth available within the OCFM and the amazing diversity within our Coaches. Yet they all have this commonality – Teaching from a PRINCIPLE BASED METHOD. All our principles are inter-changeable from one art to another.

RUSSELL STUTELY – FOUNDER



- Europe's No. 1 Expert on Pressure Points in the Martial Arts
- 6th Dan Karate Jutsu
- World Martial Arts Hall of Fame
- Combat Hall of Fame
- Instructor of the Year
- Fight Coach
- Produced over 40 Internationally distributed MA Instructional DVD's
- Leading Seminar Instructor

EDDIE STOKES



- OCFM Self Protection Expert
- 6th Dan OCFM
- 4th Dan Ju Jitsu
- Responsible for many of the Principles upon which the OCFM is based
- Usually on active duty somewhere

TONY CECCHINE



- World's No. 1 Catch Wrestling Coach
- Produced over 20 Instructional DVD's
- In the top 20 most dangerous fighters in the World
- Various lifting records

WILLIE LIM



- The World's No. 1 Kata Bunkai Coach
- Leading authority on Tai Chi
- Nearly 40 Years TKD and Tai Chi
- Leading Seminar Instructor

JOHN ANDREWS



- OCFM National Grappling Coach
- Former 3 time European Grappling Champion
- Former Cage Fighter
- Former British Ju Jitsu Champ

HEROL "BOMBER" GRAHAM



- OCFM National Boxing Coach
- Former 3 time Champion at the following weights: Light Middle, Middle and Super Middle
- Defeated 13 World Champions
- Acknowledged as one of the greatest defensive Boxers ever

"There is no greater compliment than to have one's own personal techniques shown in a DVD and shown well. These two DVDs are a tremendous example of how to develop massive power from almost no effort. Russell Stutely has combined pressure point work with great elements from the 'Powerstrike' System.

Whether you are an experienced martial artist, or beginner, these DVDs are essential in understanding how true power is developed. There are some fantastic demonstrations of impact delivery and if you have ever wanted to truly strike and kick hard, then look no further than these DVDs. No-one has ever captured my 'double hip' applications better than Russell, but he has now taken them to a higher level by combining them with Pressure Point principles.

Russell has adapted all these principles for introduction into a range of striking and grappling systems. There is no system that you could be practising that would not benefit from incorporating these power development principles.

Russell understands the reality of combat and has taught some of the most respected practical combatants in the UK. They found out what you should know - that what they thought they knew about impact was incorrect. WHAT THEY KNOW NOW - SO SHOULD YOU.

I have worked with Russell for many years and can personally vouch for the effectiveness of these principles and techniques. If anyone now carries the torch of what I believe and teach in respect of impact development it's Russell Stutely.

Double or treble your impact for half the normal effort - its a fact - Buy these DVDs and learn how!"

Peter Consterdine 8th Dan

' The tide of realism in the martial arts is building up enormous momentum and Russell Stutely is on the very crest of the new wave, I highly recommend him and his hard-hitting, take-no-prisoners, method of instruction.

If more people were as honest as him I am convinced that more lives would be saved. This is a savage environment that demands of our reality instructors the kind of savage honesty that Russell delivers so fearlessly and so succinctly.

Honesty is, I would say, THE pivotal ingredient.'

Geoff Thompson ~ Martial Artist, Author, BAFTA Award Winning Writer and Self Defence Expert

"Wow! What can I say? This tape has opened my eyes to a real street confrontation. I can see how quickly it can all go so bad. The training drills on this tape have given me the confidence again to go out. Several years ago I was badly beaten up. Following these drills, I know I will not make the same mistakes again! Thanks Russell!"

MD Devon

"There is enough information on this tape to totally transform your SD Skills. I highly recommend it"

ES Bodyguard

" One years training from this tape alone"

Steve Baker. Former 3 Time British Full Contact Middleweight Kick Boxing Champion

" I never realised that the Tekki Katas contained such a wealth of information. The Bunkai on this tape has totally blown my mind. I will never go back to the way I used to do Karate"

Anthony Blades 4th Dan Shotokan 1999

" The Bunkai detailed on this tape of nearly two hours solid Instruction is the most informative and useable I have ever seen "

Bob Sykes 6th Dan Karate

"What can I say, all the videos do exactly what they say on the packet. Easy to follow, methodical and effective. Having been on the receiving end of some of Russells methods, I can only say to all you doubting Thomas's out there, train with the man, it works, it hurts but you won't be disappointed at all. You dont see Russell doing seminars or lessons with his arms folded, he is hands on, keep up the good work Master Stutely"

Top Black belt

"The best bit about Russell's videos is that (certainly the latest ones) offer a step-by-step approach which allows both the novice and the experienced martial artist to build valuable training sessions from them. They are by no means "polished" professional presentations (the lighting and sound could be improved), but the content is brilliant when you compare them to some that are professionally produced. Put it this way, you WILL buy more once you have sampled one."

RP Aylesbury

" The best Seminar I have ever been to. The OCFM and Russell Stutely put the reality back into Martial Arts"

Malcolm Keith 3rd Dan Ju Jitsu

"How can Master Stutely make a subject so incredibly difficult so easy to understand and replicate... this has changed my martial arts forever"

Rick Tyer 2nd Dan Shotokan

Hi Russell,

Thank you for the DVDs which arrived a couple of days ago. As you may recall, I actually own most of your video tapes and I have also had the pleasure of your personal instruction. You will therefore understand that I was a little sceptical about what these new DVDs might offer in the way of additional material.

Firstly, the quality of this latest product is significantly better than any of your previous stuff - sorry, I don't mean to be rude! The sound is excellent and the way it is shot helps the student learn the lessons being demonstrated in a straight forward manner. As for the content, it is excellent. Yes, there is some repetition of what is on your video series but there is a whole lot more as well. In fact these DVDs compliment several of your video tapes. The detail is so well covered that you cannot help but get results (provided you do as you are told). I tried some of the stuff I had not seen before and after only one viewing got instant results. That was actually quite unnerving! For instructors, the drills that are demonstrated provide a simple way of imparting this knowledge to others. There is also a full self defence system shown on the DVD. What I particularly liked was that the techniques and theory can be used as a stand alone self defence system or to enhance existing fighting skills.

All in all I am more than satisfied and will recommend the DVD to my students and colleagues. The DVD is good value for money compared to what else is on the market, is easy to understand and is packed with useful stuff for the experienced martial artist and beginner. In addition, you get a whole arsenal of great techniques. Thanks again.

Regards

Colonel Rowland Judge

Testimonial of Russell Stutely

From Shihan Anthony J. Bailey

Having been within the Martial Arts community for many years, I had read a lot about Russell Stutely and decided to book a seminar with him for my students and see his approach to teaching for myself. I was pleasantly surprised at how approachable he was. Many people put on airs and graces when they reach a certain stage of notoriety/fame, but not him. Right from the start he was informative, humorous, helpful and easy going. This kind of approach makes it easier for students to take on board new information. He taught absolute beginners right through to Dan grades with ease and care. He has, without question, the qualifications, experience and personal expertise to teach the subjects to a degree beyond my own experience, but above all of that, it is his personality and professional teaching skills that make the seminars so memorable. Without doubt one of the best Martial Artists in the World.

I was so impressed that before he left, I was making arrangements with him for another seminar and have now become one of the registered coaches for his organisation.

Some of the comments about Russell from the seminars:

- It was an honour to have been taught by someone so knowledgeable and so helpful. – Mr M. Deacon (Jujitsu teacher).
- So easy to get on with, he (Russell) made the seminar really fun. The time just flew by. – Miss C. Lepic (Jujitsu teacher).
- Some of the things taught (Balance points and Quadrant theory) make you think 'that's so easy and obvious, why didn't I think of that 30 years ago!' – Mr L Duncce (Judo teacher).
- Thanks for the seminar, it was really great. We both took away a great deal to think about. – Mr M. Bank. (MMA)
- This goes against all that I've been taught, I'm going to have to rethink everything! – Kevin (2 x World Champion Wado Ryu Karate).

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