



Ryūkyū Kobudō - weapons - Tekkō -

Print-Book:

ISBN: 978-3-7375-0993-0
price: 29.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 344 pages
- * German / English / Russian
- * ca. 50 b/w photos & graphics

RYŪKYŪ KOBUDŌ - weapons / TEKKŌ is based on the book series "RYŪKYŪ KOBUDŌ TESSHINKAN" from Frank Pelny. All information about the Okinawa fistfight weapon Tekkō has been bundled here in a book:

- * History,
- * Basics,
- * Basic techniques,
- * Kata,
- * Partner exercises,
- * Terminology.



Ryūkyū Kobudō - weapons - Nunchaku -

Print-Book:

ISBN: 978-3-7375-0995-4
price: 29.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 380 pages
- * German / English / Russian
- * ca. 60 b/w photos & graphics

RYŪKYŪ KOBUDŌ - weapons / NUNCHAKU is based on the book series "RYŪKYŪ KOBUDŌ TESSHINKAN" from Frank Pelny. All information about the Okinawa weapon Nunchaku has been bundled here in a book:

- * History,
- * Basics,
- * Basic techniques,
- * Kata,
- * Partner exercises,
- * Terminology.



Selbstschutz für Mitarbeiter

Print-Book:

ISBN: Self-published
price: 15.00 € + shipping

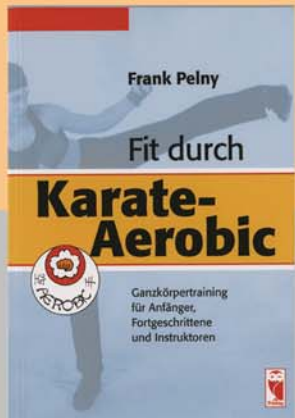
Features:

- * Paperback
- * A5 format
- * 76 pages
- * German
- * numerous color photos

This small handbook is intended to give all employees who may be confronted with attacks on their health or even their lives in educational, health or official work areas a basic guide to situation-appropriate reactions.

From the content:

- * Legal basis,
- * Tactile stop signals,
- * Fixation techniques,
- * Separation of persons,
- * General conditions,
- * Chains of action,
- * Transport techniques,
- * Measures detracting from liberty.



Fit durch Karate-Aerobic

Print-Book:

ISBN: 978-3-8280-1861-7
price: 6.80 € + shipping

Features:

- * Paperback
- * A5 format
- * 96 pages
- * German
- * 105 b/w photos

Power training to fast-paced pop music to figure formation and improve fitness according to the Tae-Bo principle. Above all, the correct and healthy execution of the various movements is explained comprehensively from the point of view of the experienced martial arts teacher.

From the content:

- * History,
- * Upper body workout,
- * Cuing,
- * Tabular overview of technical terms.
- * Basics,
- * Ground Workout,
- * Choice of music,
- * Principles of breathing,
- * Training structure,
- * Clothing,



Gjogsul Militärischer Nahkampf in der NVA

Print-Book:

ISBN: 978-3-8334-2228-7
price: 29.00 € + shipping

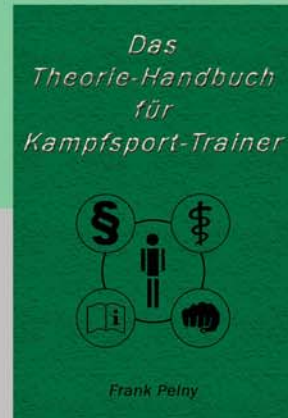
E-Book:

ISBN: 9783848239061
price: 18.99 €

Features:

- * Hardcover
- * A5 format
- * 352 pages
- * German
- * ca. 550 b/w photos & drawings

Military hand-to-hand combat in the NVA - a theme that to this day surrounds the cloak of a secret. The military specialists of the National People's Army (NVA) of the former German Democratic Republic (GDR) such as paratroopers, combat swimmers and reconnaissance were famous for their skills in the fight man against man. But how did the military training develop in the NVA? Which techniques without and with weapons and with which weapons were taught? How did the secret North Korean Gjogsul close combat system get into the NVA training program and what does it include? This book provides vivid answers to these questions for the first time.



Das Theorie-Handbuch für Kampfsport-Trainer

Print-Book:

ISBN: Self-published
price: 42.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * over 440 pages
- * German
- * numerous illustrations

Especially in the field of martial arts / martial arts / self-defense / close combat, extensive basic knowledge from a wide variety of areas is required in order to be able to competently convey the corresponding teaching material without danger or damage to the students / athletes / subordinates. The trainer must have knowledge of general and special training theory, legal foundations, psychological foundations, human anatomy, pedagogy and weapon techniques. This book provides the martial arts trainer with the most important topics from the mentioned specialist areas in a condensed way in just one reference book.



www.kobudo-tesshinkan.eu

Ryūkyū Kobudō

Martial arts text books by Frank Pelny

Fitness, Self-Defense & Military Close Combat

www.saco-defense.de



About the author

Frank Pelný (* 1960)

University Engineer Economist
Captain off duty
IHK certified security specialist
DOSB Trainer-A-License Karate
Text book author



„Do you want 100 percent - practice 300 percent!“

Martial arts vita:

| | |
|------|---|
| 1974 | started martial arts training with Judô |
| 1981 | start training in military close combat and Karate |
| 1987 | 6th place, NVA army championships (GDR) in military close combat |
| 1994 | start training Kobudô |
| 1995 | 1st Master degree ESDO |
| 1995 | 4th Master degree SaCO, founder & President of the SaCO |
| 1997 | 1st Dan Hanbô-Jitsu (Kobudo-Kwai Germany) |
| 2001 | 3rd Dan Karate-Dô Shôtôkan-Ryû (JKA) |
| 2001 | 3rd Dan Kobudô (Kobudo-Kwai Germany) |
| 2003 | „2003 Okinawa Karatedô & Kobudô World Tournament“ - 19th place (Bô adult) |
| 2006 | German champion in Kobudô (Kobudo-Kwai Germany) |
| 2008 | German champion in Kobudô (Kobudo-Kwai Germany) |
| 2009 | „2009 Okinawa Traditional Karatedô World Tournament“ - 5th place (Bô senior) |
| 2015 | Vice world champion (Bô senior) - „2015 Okinawa Traditional Kobudô World Tournament“ |
| 2018 | Shihan Menkyo (Ryûkyû Kobudô Teshshinkan Kyôkai) |
| 2018 | Shibu-Chô for Europe (Ryûkyû Kobudô Teshshinkan Kyôkai) |
| 2018 | “1st Okinawa Karate International Tournament” - participation (Bô adults II) |
| 2019 | 7th Dan Karate-Dô Shôtôkan-Ryû (German Karate Federation / WKF) |
| 2019 | “2019 Okinawa Traditional Kobudô World Tournament” - 9th place (Bô middle age) |
| 2022 | 6th Dan Ryûkyû Kobudô Teshshinkan and Renshi |
| 2022 | “2nd Okinawa Karate World Tournament 2022” - 3. place (Bô senior) |
| | internationally active trainer (Germany, Czech Republic, Russian Federation, Belarus, Canada, Sri Lanka, Brazil, Japan, Italy). |

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- ☞ Book stores - via the respective ISBN
- ☞ email - info@kobudo-teshshinkan.eu
- info@saco-defense.de

Order E-Book:

- ☞ Please buy in official e-book shops!

Payment:

- ☞ Cash
- ☞ Paypal

Shippment: At the risk and expense of the customer!



Ryûkyû Kobudô Teshshinkan - volume 1 -

Print-Book:

ISBN: 978-3-7375-1126-1
price: 42.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 512 pages
- * German
- * ca. 1500 b/w photos & drawings
- ☞ incl. all Kata up to 3rd Dan

RYÛKYÛ KOBUDÔ is a martial art using historical tools and weapons that began to develop 400 years ago on the Japanese Ryûkyû Islands. For a long time it could only be practiced in secret and to the present day there are hardly any written records of this effective form of fighting and training of body and mind. Together with the Tôde, the forerunner of modern Karate, the Ryûkyû Kobudô emerged and developed into its own form to this day. For the first time in this book, backgrounds, techniques, kata and combat exercises of the style "Teshshinkan" are vividly presented to the public.



Ryûkyû Kobudô Teshshinkan - volume 2 -

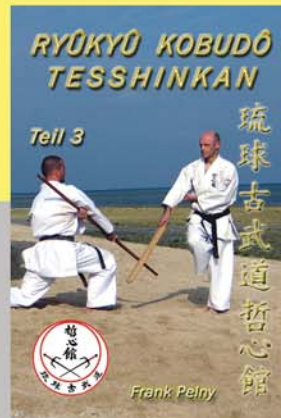
Print-Book:

ISBN: 978-3-7375-1128-5
price: 42.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 456 pages
- * German
- * ca. 1400 b/w photos & drawings
- ☞ incl. all Kata up to 4th & 5th Dan

RYÛKYÛ KOBUDÔ teaches in an ingenious methodological system how to effectively defend oneself against dangerous attacks using simple equipment and tools. With the publication of this second part of the book series "RYÛKYÛ KOBUDÔ TESSHINKAN", this Kobudô style is probably best documented worldwide. This book describes a variety of individual and partner exercises as well as kata that allow for further personal progress. Hundreds of photos and additional historical background information provide support.



Ryûkyû Kobudô Teshshinkan - volume 3 -

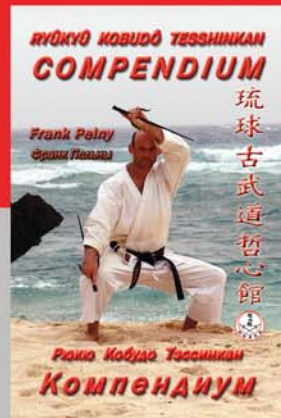
Print-Book:

ISBN: 978-3-7375-0991-6
price: 42.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 428 pages
- * German
- * ca. 1000 b/w photos & drawings
- ☞ incl. all Kata from 6th Dan

RYÛKYÛ KOBUDÔ is also a way to build personality through practical exercises. Special forces around the world are now practicing the use of Kobudô weapons, proving that these techniques have lost none of their effectiveness until modern times. This is the third part of the book series "RYÛKYÛ KOBUDÔ TESSHINKAN". For the first time in 40 years, since the trilogy "RYÛKYÛ KOBUDÔ" (-JÔKAN, -CHÛKAN, -GEKAN) by Inoue Motokatsu (1918-1993) from the years 1972-1974, this book series is only the second time in the world that the complete description of an Okinawa weapon fighting style is available.



Ryûkyû Kobudô Teshshinkan - Compendium - volume 4

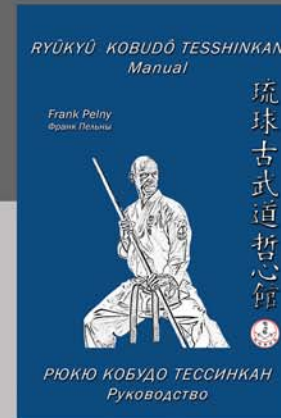
Print-Book:

ISBN: 978-3-7375-0994-7
price: 42.00 € + shipping

Features:

- * Paperback wit spiral binding
- * A5 format
- * 344 pages
- * German / English / Russian
- * 170 boards with hundreds b/w photos
- ☞ incl. of all established forms

This fourth part of the book series "RYÛKYÛ KOBUDÔ TESSHINKAN" contains, for the first time worldwide, the complete teaching program of the traditional weapon martial art Ryûkyû Kobudô Teshshinkan of Okinawa in one book. All processes are displayed on clear step-by-step picture boards. In addition, a short historical outline and the examination and competition program were included. Equipped with a ring binding, this book is a handy reference book for training, testing and competition.



Ryûkyû Kobudô Teshshinkan Manual - volume 5

Print-Book:

ISBN: 978-3-7375-1129-2
price: 42.00 € + shipping

Features:

- * Hardcover
- * A5 format
- * 360 pages
- * German / English / Russian

This fifth part of the book series "RYÛKYÛ KOBUDÔ TESSHINKAN" completes the entire description of this original combat system of Okinawa. In addition to parts 1-3 and the compendium, this book does not describe any technical processes, but explains the underlying biomechanical concepts in a generally understandable way.



Ryûkyû Kobudô Teshshinkan - Educational boards -

- * A3 format
- * durable laminated
- * price: 10.00 € / apiece + shipping

Educational boards from the books "RYÛKYÛ KOBUDÔ TESSHINKAN" part 1-3 in easy-to-read A3 format, for home or for installation in the Dôjô.

Available boards:

- * BÔ-NO-KIHON
- * TEKKÔ-NO-KIHON
- * NUNCHAKU-NO-KIHON
- * SAI-NO-KIHON
- * BÔ-KATA: SHÛSHI-NO-KUN (SHÔ)
- * YAKUSOKU KUMITE: BÔ-TAI-SAI
- * TESSHINKAN KEITOUZU (Linage)