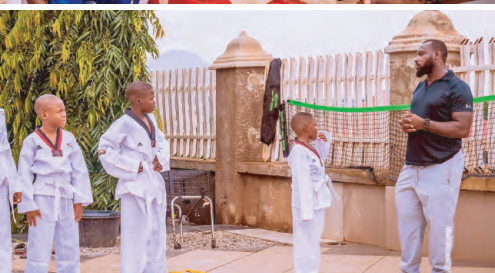




**The School Of Hardknocks To Setup  
An Unarmed Combat Self Defence  
Specialized Skills With Global Experts.**



It was indeed a remarkable and exciting moment on Saturday 26 November 2022, receiving the CEO AES Ti - Long Martial Academy Mr. Adamu . Sada and his team member Godwin Oтуру. **Ti-Long is currently holding titles of the Gold and Silver Medal of the recent Japanese Shoto karate competition, he also trains Olympic contestants and has a very articulate passion to inspire confidence in his training process and kids defence development.** The Strategic meeting was anchored by The Special Assistant (Media & Strategy TAC) Dr. Ifeanyi Anya, also in the meeting was Mr. Emmanuel Andor, and Mr. Ibrahim.

During his Official visit at the TAC Hub he emphasised that Nigeria has a huge surge of interest in judo and karate due to the prevalence of crime which includes; Kidnapping, Rape, Abduction an Molestation. The so-called martial arts, like judo and karate, are another increasingly popular method of defending oneself. These martial arts train a person to use his hands and body to either injure or kill an opponent, so, in reality, they, too, are unarmed weapons.



In some places judo and karate are viewed as just a “sport” that provides healthful exercise. So some persons who are interested in physical fitness might feel that such training is comparable to swimming or general calisthenics. Basically, judo and karate are methods of unarmed combat that originated in Japan. As forms of combat or self-defense they are classed as bushido, which means “The Way of the Warrior.” One encyclopedia pointed out that bushido “had its sources in Buddhism, Shintoism, and Confucianism.” Ancient Japanese warriors trained in these techniques so they could bare-handedly fight armed or unarmed enemies.

According to Ti-Long, **“Karate resembles both jujutsu and judo. But as a purely ‘fighting art’, designed to dispose of an enemy in the shortest possible time with no means barred, I must admit that it transcends them both in its deadly efficiency. And why this should be so will appear from the fact that a single karate technique, if executed in earnest, is capable of inflicting fatal injury upon its victim more surely and speedily than either jujutsu or judo.”**



Ti-Long further expressed his overwhelmed admiration of the Tac Hub facilities and made some recommendations to the development of the School of Hardknocks. -

- 1) Always be sure of the health status of Participants in the training of Self Defence through Medical report,
- 2) The training should be categorized at different sessions of various persons disposition,
- 3) As Martial Arts Professionals, participants must have a good measure of enduring skills and resilience.
- 4) He also pointed out that the Lawn Tennis Court could also include the Basketball and Badminton Sports.
- 5) The invitation of his training sessions in high prestigious schools within Maitama, Asokoro and Garki to have training sessions at the TAC hub.

**SOHK WEEKLY NEWSLETTER**