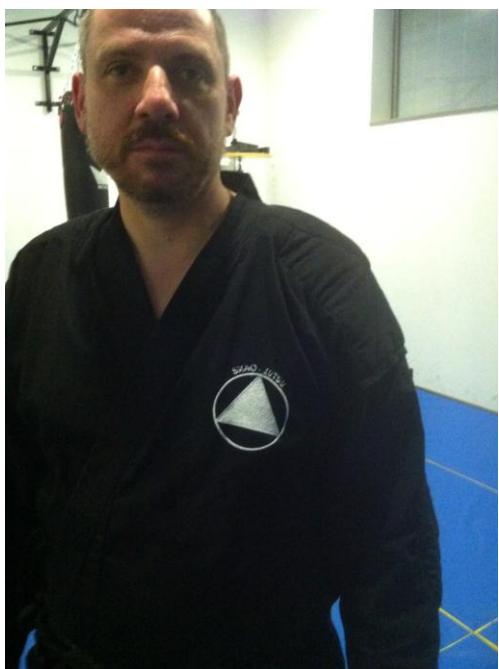


Philosophy of



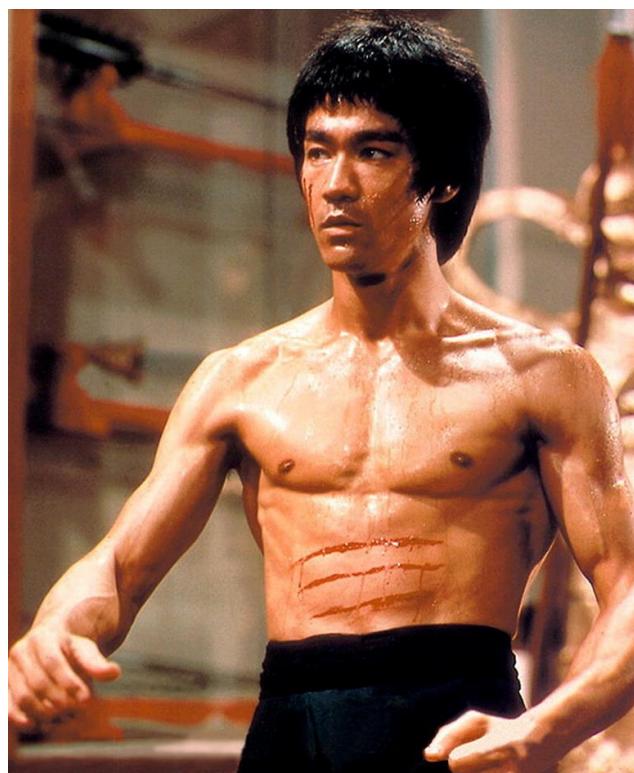
Technical concepts, combinations of them, to get from point A to point B as quickly as possible.



The creator of the martial art Shao-Jutsu is Vincent Barbierato, previously he was also the creator of the self-defense method SDP.



Shao comes from Shaolin, Jutsu comes from Ninjutsu, the semantic origin comes from that. The central point of his achievements in martial arts and fighting sports, as well as self-defense methods are related to the philosophy and concept of Master Bruce Lee.



This will create the trigger and especially in the interpretation of the fluidity of movement that Bruce Lee described in philosophical and subtle way.

In addition, the inspirations were multiple in all areas of combat inspiration in the techniques, as well as in martial philosophies and especially Ninjutsu.



Ip man is a trigger ideas for creating me a very interesting corpus linked to dodge-strikes.



The result of years of practice and a study of all the best technologies in the world, whether those special forces, secret services and everything else synthesized, mixed, reworked found themselves in Shao-Jutsu.

There is a dominant of Nnjutsu techniques and Shaolin after extracted essence of these arts that I revised to my way.



I learned a lot of Krav Maga, Penchak Silat, Systema, Free-Fight, and many others.



Photo by Tracy Lee for Yahoo! Sports

This summarizes the birth of this martial-art and I will talk now about the philosophy that I created in connection with the practice of this art.

Master Shogun Vinchun said:

- "a virtuous man is freee"
- "memory of time"
- "open your third eye"
- "observe and learn before speaking"
- "do, don't talk"
- "experience is existential"
- "human freedom is part of the world"
- "you are the truth, here and now"
- "should guide thinking about present"
- "quest is the world"
- "from head to heart"
- "exceeding the physical body and mind"
- "the physical body create energy"
- "receive the wisdom of the supreme spirit"
- "love is a fundamental vehicle"
- "duality dissolves, it is absolute love"
- "deep love brings us to inside reality"
- "form is no longer"
- "this is the way of growth, achieve the ultimate"
- "world is wonderful"
- "there is no break between the real and nirvana"
- "accept yourself as you are"
- "seek and you will find"
- "only love can give us an idea"
- "the content, the message is the most important"
- "admire your works, be patient"
- "persevere and you will get"
- "be quick like lightning"
- "be fluide like water"
- "fells things"
- "control your emotions"
- "listen and learn from the Master"

- "listen and look the Shogun"
- "be strong in troubles"
- "respect your partner"
- "be just in your practice"
- "don't have competition spirit"
- "learn to know yourself and you will know the other"
- "have no prejudices"
- "feel your body in the practice of this art"
- "reduce your ego when your training"
- "agrees to undergo with humility to be able to learn the secrets"
- "listen to your heart and you will succeed"

These are the precepts of Shao-Jutsu martial art, those who be able to understand this words and the combinations in the field, he or she will become experts in this art.

Vinchun