

POKING THE TIGER

JUST KEEP POKING AND SEE WHAT HAPPENS

Combinations are great if the universe would hold still while you execute them

FRIDAY, SEPTEMBER 26, 2008

Escrima in issue of Men's health Magazine



Ermar Alexander of GB is profiled in the next issue of Men's Health magazine.

I've seen Ermar at the last several WEKAF World's. Very energetic, fast paced fighter who does do this leap in fights.

Great to see some good FMA coverage and of a guy who handles himself with class and sets a good example at tournaments.

http://www.dgdocepires.co.uk/news/2008/08092008-Mens_Health.shtml

Great photography too.

<http://meerkat69.blogspot.com/2008/09/stickfighting-in-rain.html>

POSTED BY STEVE-VH AT 9:12 AM



Yeah, it's like that!

OBAMA



Death from the skies

ABOUT ME



STEVE-VH