

THE FIRST COMPLETE ENGLISH SPORTS MAGAZINE

# SPORTS WORLD

MIDDLE EAST

VOLUME 2 ISSUE 10 JUNE 2005

AED 10 QR 10 SR 10 KD 1.50 OR 1 BD 1



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POSTER: BRUCE LEE



South Korean former champion of Ssirum, a form of traditional Korean wrestling, Choi Hong-man (right) punches Japan's Hawaiian-born former sumo yokozuna (grand champion) Akebono during the semi-final of the K-1 World Grand Prix 2005, the Japanese mixed martial arts event, in Seoul.







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### All change for motor racing **New 'formula' holds promise**

**By Andrew Ainsworth**

As the 2005 season gets underway, the new 'formula' of Formula 1 is set to make its debut. The new regulations, which will be in effect from the start of the season in March, are expected to bring about a number of changes to the sport, including a new engine formula, a new chassis formula, and a new aerodynamic formula. The new regulations are expected to bring about a number of changes to the sport, including a new engine formula, a new chassis formula, and a new aerodynamic formula.

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**International Budo-Camp held in Dubai**

### TRAVELLING WARRIORS

**By Andrew Ainsworth**

The International Budo-Camp held in Dubai, UAE, was a success. The camp was held from 1st to 10th June 2005 and was attended by over 100 participants from over 20 different countries. The camp was held at the Dubai Sports Centre and was a great success. The camp was held from 1st to 10th June 2005 and was attended by over 100 participants from over 20 different countries.



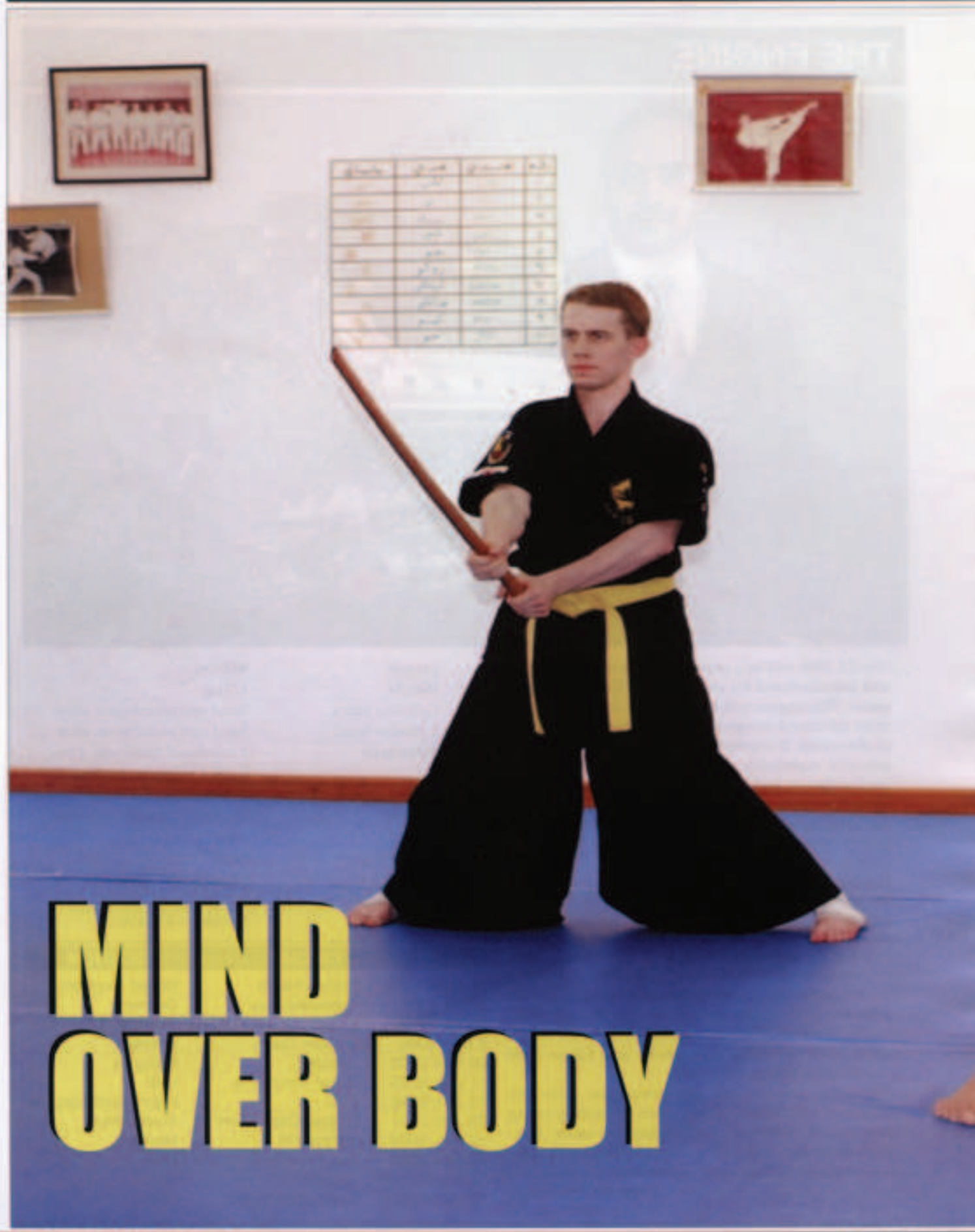
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**Malcolm Glazer invites Man United fans' on**

### YANKIE BULLY

**By Andrew Ainsworth**

Malcolm Glazer, the American owner of Manchester United, has invited fans to a special event. The event is expected to be a great success. The event is expected to be a great success. The event is expected to be a great success.



# MIND OVER BODY







# International Budo-Camp held in Dubai

## TRAVELLING WARRIORS

BY ANTHONY FERNANDES IN DUBAI

**S**HOULD you happen to bump into an air traffic controller on a busy street, take care, be polite, and do not pick an argument. He might just about be an exponent of the martial arts, a Black Belt — 2nd, 3rd, 4th Degree Dan or even more skilled. Though there is the every likelihood he won't be cornered into a fight unless his life is in serious danger.

Meet Olaf van Ellen, director of Budo Tours and the person responsible for holding Budo camps in different parts of the world. While the martial arts have taught him the finer nuances of both armed and unarmed combat, for self defence, Olaf, a German national, is actually into ensuring that aircrafts don't collide into each other over German air space. He is one of several air traffic controllers at the Frankfurt International Airport.

The German was in Dubai recently at the head of 22-member-strong contingent of martial arts exponents, all hailing from different nationalities.

A seven-day training and reorientation camp was held at the Dubai Karate Centre, Jumeirah, where over 100 others,

again from different nationalities living in the UAE, joined Olaf and his team.

The basic idea of the camp was to bring together exponents of the various martial arts like Karate, Aikido, Arnis, Jiu-jitsu, Judo, Kobudo and Taekwando to name a few and share each others' experiences. More importantly, the camp was meant for members to learn homegrown techniques from each other because those seriously into the martial arts tend to develop their own styles after having reached an advanced stage.

During a quick chat after one of the sessions at the Dubai Karate Centre, Olaf said the need to bring together exponents of the various martial arts and share experiences and swap fighting styles had prompted him to organize such a camp. The first such camp was held in 1995 in the US followed by a bigger camp in Sri Lanka in 1999.

The camp, in addition to offering the opportunity to meet other fighters also gives members the chance to see places and experience different cultures. In effect, such camps are normally of a two-week duration where the first week is spent exchanging fighting/self defence techniques and the remainder of the time is spent sightseeing.

Olaf, who has also visited the famed Shaolin Temple in China, said he was happy to note that the level and interest in martial arts in the UAE was very high.

He particularly was impressed by the fact that there were a great number of women attending martial arts schools here



Martial arts exponents with the national flags of their respective countries at the start of the camp in Dubai.



ACTIONS SPEAK MORE THAN WORDS





## budo-camp

while making special mention of Sheikha Maitha, the UAE's top exponent of the martial arts.

Olaf, however, was disappointed that he was unable to get an appointment with Sheikha Maitha, particularly because he was keen on discussing what more could be done popularize the arts among women in the UAE.

The air traffic controller, who also writes for various martial arts specialist magazines in Europe, came down heavily on "bloodsport" terming it a "dirty sport" and bemoaning the fact that even women were getting into this kind of sport.

In a surprising disclosure, Olaf said that some people had attempted to organize a "bloodsport" tournament in Abu Dhabi but that the government had rightly declined permission.

While saying that in countries such as the US and Holland "bloodsport" was permitted, it is illegal to hold such tournaments in Germany and many other European countries.

Olaf also disclosed that that his group organises an annual martial arts camp for children eight years and above in Holland. While these camps are promoted through magazines and the various martial arts federations in Europe, those wishing to participate are required to pay for their trip in addition to a nominal camp fee.

Donal Kilalea, manager of the Dubai Karate Centre said of the camp: "This was a wonderful opportunity for students to harness their skills and learn from the very best martial arts

teachers in the world.

"The sport continues to grow at a rapid pace and the attraction of this International Budo-Camp to Dubai indicates how far martial arts has developed here."

The Dubai Karate Centre, founded in 1983 with the aim of promoting the arts, is now looking to expand beyond the one centre in Jumeirah, according to Donal.

Donal says that while he is looking to corporate sponsors to help the centre spread its wings, he however, is against permitting sponsors from advertising inside his Dojo.

"The Dojo is a place for concentration, he says, obviously implying that banners and advertising material inside the training hall would serve as an unwanted distraction.

Incidentally, Donal is no ordinary manager of an ordinary centre. He is a Black Belt Karateka. And also happens to head Fortune Promoseven Sports Marketing in the UAE.

So the next time bump into an air traffic controller or a business executive on the streets, don't pick an argument!



One of several demonstrations that were held during the International Budo-Camp.



ACTIONS SPEAK MORE THAN WORDS







A Kalaripayattu demonstration underway at the just-concluded International Bodu-Camp in Dubai.

## Kalaripayattu: One of the oldest known forms of the martial arts

**I**S there a link between eating fiery black pepper and the disposition to study martial arts? Is it possible that a peppery diet is the reason why a martial culture has existed for thousands of years in a place tucked away in the south-west corner of India? The place is called Malabar and over the centuries has been famous in the annals of trade and commerce as the most prolific source of that tiny seed that can take the roof off your mouth. Could it have been that the martial culture evolved in order to protect that vital asset? No one really knows. But that culture does not even now albeit a little ravages by the urbanisation of modern times.

Everyone has heard of Karate and Judo. These days martial arts training is big business. But where did it all start?

Around the year 520 AD, a Buddhist monk called Bodhidharma arrived in China, then ruled by Emperor Wu of the Ling dynasty. It was a time when monks travelled far and wide to teach the eight-fold path which their lord had proclaimed, braving attacks from bandits that frequented every major caravan route.

Bodhidharma wandered into China from his home in South India. He settled in the Shaolin Temple and began to teach Zen Buddhism and meditation. His teachings included

the philosophy of peace and non-violence and he advocated the novel concept that it was perfectly possible for a man to defend himself against all attacks without using lethal weapons. As a young prince, Bodhidharma had to study the art of fighting. His teachings soon spread until they covered the whole of what is now considered to be the Oriental world.

But what were those techniques learned in his father's court that formed the embryo for Bodhidharma's new ideas? Some people think that they could have been an early form of Kalaripayattu. And that is how we come back to Malabar for scholars can show that a martial culture has existed for many centuries in that hot and sultry corner of India. Is it really the father of martial arts?

Formed from two Sanskrit words, Kalari and Payat, it literally means a military training ground. In those days, the Hindu families of the area formed groups for their own protection and advancement. Each of these groups had their own Kalari and Kavu, a shrine for their deity. The Kalari became the centre of many activities. Not stopping at Payat, martial education, other more scholarly enterprises were included so that the end result was the improvement of both



body and mind. Each Kalari was in the charge of a guru, or teacher, who played a very significant role in the community. Arguments were often settled by duels under the guru's supervision.

The traditional Kalari lies on an east-west axis and can be 18, 32, 43 or 52 feet long. The width must be exactly half the length. The floor and walls are made of mud, beaten till it is smooth and level. The roof, supported by pillars that spring only from the sidewalls are cantilevered and covered with plaited palm fronds. There is only one entrance and that is in the east wall.

Like the temple, the Kalari is considered a sacred place. Especially hallowed is the southwest corner called the poothara, which is reserved for the reigning goddess and it is here that the weapons are stored under her protection. Next to this is the guruthara, the place where a lamp is kept burning in reverence to all the gurus of the Kalari. It is here the current guru stands to receive gifts presented to him by his students during their initiation on Vijaya Dashami day.

As the crowding of the village roosters heralds the dawn of each day, students begin their training. The session begins with students changing into traditional costume — first the T-shaped koopeenam then, after applying medicated oil to each others body, they put on a garment called a katcha which gives support to the main muscles of the body. Putting on the katcha itself is a rigorous exercise that helps loosen up stiff muscles. One end is tied to a pillar. The student steps back and with the cloth taut, begins to wind himself into it with an elaborate series of movements called katcha kettal.

The student cannot begin his training until he has made his obeisance to the goddess. This he does in a war dance-like ritual called poothara thozal. Only a swift and experienced eye can see that the choreography of this 'dance' is full of offensive and defensive movements.

Kalaripayatu is taught in five stages. The first, maithari, is aimed at physical fitness, muscle control and developing the power of concentration. As he learns, the student recites the rhythmic vaithari, which describes in Malayalam each movement that he performs.

Kolthari is the second stage when the first weapon, a wooden staff, is brought into the training. The students start

with a long staff about 63 inches long and move on to a shorter one as they improve. When they can confidently deliver about one hundred blows in a minute, the guru will allow them to try the otta, shaped like an elephant's tusk. When wielded by an expert, the ota becomes a lethal weapon.

The student is now ready to move to the next stage, ankathari; this gives him the taste of really dangerous weapons like the dagger, sword, spear and mace. At the

beginning they learn to fight with matched weapons. As they develop their skills the guru encourages opponents to use different weapons.

Most dangerous of all is the urumi. The first time the guru brings it out the students' face usually pales visibly. It is like a sword with a flexible blade which, when twirled correctly, produces a most terrifying sound. Its razor-sharp blade has left its scar on many warriors and if not handled properly can inflict deep wounds.

After he learns to use all classical weapons, the student has to learn to do without them.

He begins training in unarmed combat called verum ki.

If he receives the full confidence of his guru, the student is allowed learn the inner mysteries — marma adi — death blows. The guru must feel certain that the student will never misuse his knowledge.

But Kalaripayatu is not all violence. Mercifully, it has its gentler aspects. A part of the guru's training is in herbal medicine. It originated with the need to tend the wounds of warriors. Today, the guru is the physician to all the villagers. His skills range from bone setting to healing internal ailments. He is adept at massage with medicated oils, which he himself prepares with great care.

Holding on to ropes that he suspends from the roof of his Kalari, he uses his feet to massage the patient varying the pressure as he thinks fit.

Each guru has his own personal book of herbal medical recipes, which he keeps a closely guarded secret passing it on only when he retires. And thus is completed the cycle of Kalaripayatu.

The preservation of life in the presence of adversity. So it should be with every martial art.

*Formed from two Sanskrit words, Kalari and Payat, Kalaripayatu literally means a military training ground.*



Another Kalaripayatu demonstration underway in Dubai.



## Surprising, yet not so



I'M not the kind of guy who judges a book by its cover if you know what I mean. For example, when it actually comes to books I'm not really choosy, no fuss at all.

I'll read anything and everything and mind you I won't put it down or abandon it until I've read it from cover to cover. The only difference being is that if the book is really good and racy I'll be done with it real fast, but a less paced, boring book will take its own course; but finish it I will. What books or actually judging books by their cover have got to do with this column. Plenty really, figuratively at least that is.

I've always believed not to take anyone at his or her face value, and by that I don't mean in the physical appearance sort of way. But if its in the physical appearance sort of way then let me tell you that I've often come across very plain-looking, ordinary type of people, you know what I mean, who are the most large-hearted, loveable beings I've ever met. While those others who think they should be walking seven feet above the ground, on the ramp actually, I've discovered many times that they are the most cold-hearted types. Mind you, there are of course the exceptions to the rule for both counts so don't apply that rule across the board because then you'd actually be judging a book by its cover or a person by his or her appearance.

I had this very fortunate occasion to meet Donal Kilalea, Chief Executive Officer and Executive Vice President, Promoseven Sports Marketing. Actually, I met him on business and though I'm not privileged to disclosed what transpired during that meeting nothing can hold me back from writing about the man himself.

I'd rather not put age to appearance though Donal himself has no qualms about referring to himself as some sort of an antique. Does not really matter whether I agree or disagree with him on that but the chap's got a good collection of old stuff in his office. They look like antique pieces, like the old clocks, but again in today's world one never knows. You have artisans who can produce old grandfather clocks at the flick of a finger and but for the expert's eye you would never be the wiser.

And when I say that Donal came across like a very genial and likeable person that one would not shy

away from meeting a second and third time and even more often for that matter, I mean it. At that first meeting I found him to be rather soft spoken, not in a rushing hurry but nevertheless far from snails speed. In effect, he can rush and yet not seem to rush, be quick yet not convey the quickness. And there was that air of certain calmness in him that did not catch my attention then because my mind was on the business at hand. And I'm talking about all this after a quick rewind of that meeting one Thursday afternoon.

Then I had another occasion to meet Donal. This time though I was taken by surprise, and to be perfectly honest it takes some to catch me on the wrong foot. I was invited to attend the opening ceremony of the International Budo-Camp at the Dubai Karate Centre. The invitation of course came through Donal's office. Nothing surprising about that because Promoseven Sports Marketing would ideally be handling the PR for such events. I then discover that Donal is also the manager of the Dubai Karate Centre. Some revelation there because to my knowledge he must be having his hands full as Promoseven chief executive officer and executive vice president.

I missed the opening function but did make some time to go over to the centre another day and meet some exponents of the martial arts. When there I discover, surprisingly again, that Donal is no ordinary manager of the centre. He is so perhaps by virtue of the fact that he is a Black Belt Karateka and has been into the martial arts for several years now.

I did keep the surprise feeling to myself though I could not help wondering how he manages to handle so many tasks in a day. Being a Black Belt is no joke in itself; I mean you get one of those belts only through sheer dedication and hard work.

During the course of our conversation at the centre, Donal did disclose that he makes it a point to exercise every morning, the kathas karatekas do at least once a day.

He explained that his morning exercises were responsible for the veil of calmness that surrounds him through the day. That actually explained quite a bit about Donal.

I left the centre shaking my head because something like that should not have taken me by surprise in the first place. I should have known because both my sons are Karatekas and both were recently awarded their Black Belts. And thoughts such as hurry, haste and the like rarely crosses their minds. And, believe me that though it may seem otherwise guys like Donal are actually rushing things, but at their own pace and in their own quite way, making nothing obvious yet making it so.