

what was officially named the Wushu Tournament Beijing 2008.

While it was not an Olympic event, it was held parallel to the games. The tournament encompassed competition in *taolu* (10 events) and *sanshou* (five events), with gold, silver and bronze medals awarded in each. For some reason, though, it's difficult to find information about the tournament through the Beijing Olympic Games Organizing Committee's Web site.

According to an official press release, the tournament was approved by the International Olympic Committee and was jointly hosted by the BOCOG and International Wushu Federation. It was organized by the Beijing Wushu Association. The competitions took place at the Olympic Sports Center Gymnasium from August 21-24, 2008, and involved 128 men and women from 43 countries and regions.

Nepalese Martial Arts Movie to Premiere in USA

SAN FRANCISCO—Shuny Bee has returned to the United States after completing work on *Gorkha Rakshyak*, an action movie that's reportedly overflowing with realistic close-quarters combat drawn from

the Nepalese art of *bajra*. The world premiere, which will take place here on October 27-28, 2008, will be sponsored by the Nepal Association of Northern California. Bee chose San Francisco because it's the birthplace of Bruce Lee, one of his childhood idols. Follow-up showings will take place in Portland, Oregon, on November 1-2, 2008 and in Los Angeles on November 14-15, 2008.

Martial Artist Smashes Own Record

HARRISON TOWNSHIP, MI—World Speed Brick Breaking Association president and founder Kevin Taylor, 40, of Clinton Township broke 726 concrete blocks in one minute 26 seconds on August 2, 2008. He set the previous record of 584 blocks in 57.5 seconds in 2007.

Taylor was candid about how he prepares his mind and hands for a record attempt: "I search deep into my mind and tell myself it will be over in less than a minute. Pain is a mind-set. Control yourself, then you can control pain. When I'm breaking, all I can think is, I don't want to stop, and I'm not going to stop."

How is it possible to make such a big improvement over his old record? >>

PHOTO BY KERRY JENDSINDA



Kevin Taylor on his way to breaking 726 concrete blocks in one minute 26 seconds.

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"The first time I ever speed-broke, I stacked the bricks in sets of 13," he said. "Now I start with smaller stacks on each attempt and gradually work my way up. One hundred stacks of five bricks is 500. By the time I work up to stacks of 10, I'll be breaking 1,000 bricks, hopefully."

Taylor said he has challengers within his organization, real competition that serves to keep him on top of his game. He acknowledges that someone will eventually beat his mark.

The holder of a third-degree black belt in *tang soo do* and a first degree in *taekwondo*, Taylor is the founder of and chief instructor at Community Fitness in Mount Clemens, Michigan. As president of the WSBBA, he's committed to bringing competitive speed breaking to martial artists of all disciplines, ranks and nationalities. For information about his feats, visit www.recordholders.org/en/list/karate.html.

Matt Hughes, Eco-Warrior

by Edward Pollard

HILLSBORO, IL—Former Ultimate Fighting Championship titleholder Matt Hughes prides himself on coming from farm country. He enters the arena to Hank Williams Jr.'s 1981 song "A Country Boy Can Sur-



Matt Hughes

vive," with lyrics that declare, "I live back in the woods, you see, my woman and the kids and the dogs and me," and "I can plow a field all day long, I can catch catfish from dusk till dawn." It's no wonder Hughes

chose this tune; he practically embodies the description of a man whose skills help him live off the land.

In an interview about his fighting career, Hughes addressed some questions about

PHOTO COURTESY OF MATT HUGHES

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