

ISSUE 9, SEPTEMBER 2010

PHYSIQUE



FIGHTING, WRESTLING, AND BEYOND.

MMA

MIXED MARTIAL ARTS

RFC 21 NEW BLOOD

PATRICK'S DOMINATION CONTINUES

UFC

FAN EXPO
HITS LONDON

HOW BOXING STARTED



ADFC

Abu Dhabi Fighting Championship

ALL SET FOR ROUND 2

INTERVIEW WITH

TOSHIDO HEAD COACH DAVID LEA

PHYSIQUE

& Bodybuilding

PHYSIQUE MMA ON FLIP-SIDE

SPECIAL COVERAGE

JW MARRIOTT
FITNESS
CHALLENGE 2010

INTERVIEW:

GREG PLITT

IFBB PRO
KAREN MULLARKEY EXPLAINS
HOW TO TONE
YOUR ARMS UP


**THE BENEFITS
OF EXERCISE**

Super Model: NADINE DUMAS

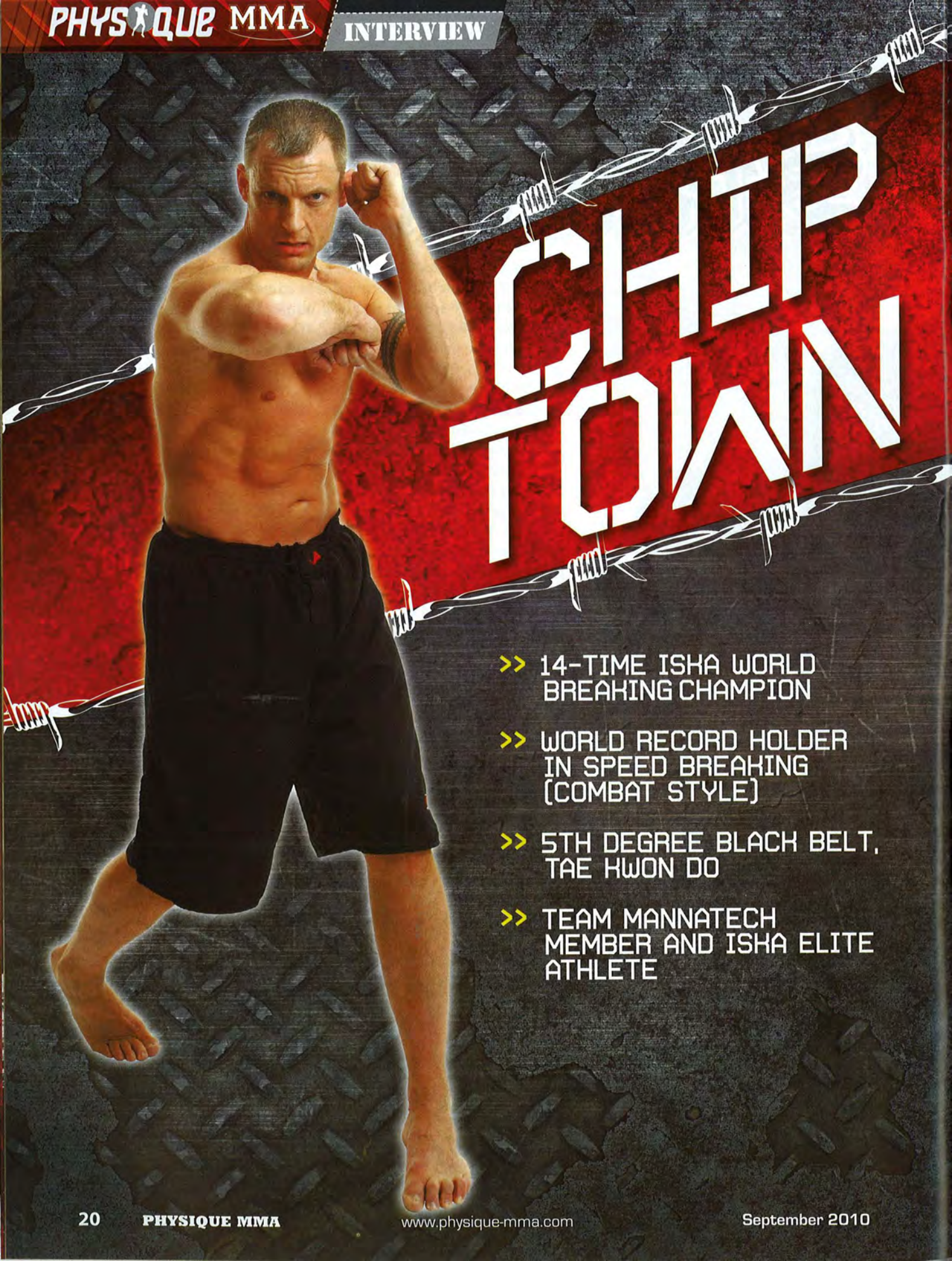


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CHIP TOWIN

- >> 14-TIME ISHA WORLD BREAKING CHAMPION
- >> WORLD RECORD HOLDER IN SPEED BREAKING (COMBAT STYLE)
- >> 5TH DEGREE BLACK BELT, TAE HWON DO
- >> TEAM MANNATECH MEMBER AND ISHA ELITE ATHLETE

SEND

Q: WHAT INSPIRED YOU TO GET INTO MARTIAL ARTS?

A: For as long as I can remember, I have been interested in martial arts. I even checked out books on martial arts when I was in elementary school. When I was three years old, I lost my right eye in a freak accident. Because of that, my physicians discouraged any activities or sports that involved a lot of contact or depth perception, and fast moving small balls (football, baseball, and basketball) that could potentially injure my other eye.

However, when I was 13 years old, a bully threatened to "beat me up, and poke out my other eye." I was worried, and talked my mom into getting me into some sort of self-defense classes. I have not looked back since.

Q: WHEN DID YOU KNOW YOU POSSESSED THE ABILITY TO BREAK OBJECTS IN THE FASHION YOU DO?

A: Breaking has been a part of my training, and my belt promotion process, since I began training at the age of 13. Several years ago, my wife called me at the Tae Kwon Do school we own and operate, and said that she had just seen a breaking competition on ESPN. "You can do that! You would be amazing!" she said. In 2000, I entered the ISKA U.S. Open World Breaking Championships for the first time. And won four years later.

My mom tells me from the time I was very little, I would take my toys apart, try to figure out how they worked and put them back together again. That is how I approach my training. I take the specific kicks or strikes apart, literally, and work the individual pieces into my training and cross training (e.g. chamber, extension), such as using bungee resistance cords to develop the explosive chamber of my side kick. I take the same approach to breaking as well.





IN MY OPINION, IT IS LACK OF KNOWLEDGE ABOUT THE BENEFITS OF NUTRITIONAL SUPPLEMENTATION BEING THE REASON MORE MARTIAL ARTISTS DOES NOT SUPPLEMENT THEIR PHYSICAL TRAINING WITH NUTRITIONAL SUPPLEMENTS. IN MARTIAL ARTS, WE TRAIN OUR MINDS AND OUR BODIES. THERE IS A PIECE MISSING AND THAT IS THE NUTRITION PORTION."

Q: HOW LONG HAVE YOU BEEN ASSOCIATED WITH THE ISHA? WHAT ARE YOUR WORLD TITLES AND RECORDS?

A: I began competing at the US Open / ISKA World Martial Arts Breaking Championships in 2000. I now hold 14 ISKA Breaking World Titles. During the last U.S. Open, held earlier this year, I broke my own World Record for most boards broken in 8 seconds (Combat Style) at 42 boards. For this division, you must use both hands and feet, and break boards in a minimum of four directions (simulating actual combat). I first set the world record in 2008 at 36 boards (with a broken arm). I also hold the record for most bricks broken with a kick.

Furthermore, I am the only competitor who has successfully won the World Ultimate Breaking Champion title every time I have attempted it (2004, 2005 and 2008). In 2006, while performing a breaking demonstration in Atlantic City, N.J., I severed my Achilles' tendon on bricks. While this is generally a career ending injury, I was able to return in 2008 and win the World Ultimate Breaking Title for the third time. I believe this was largely possible because I am committed to taking state-of-the-art nutritional products as a part of my daily regimen.

Q: EXPLAIN YOUR DAILY WORK-OUT REGIMEN BOTH IN AND OUT OF THE DOJO?

A: I do weight training a minimum of three days a week, working mostly upper body (because I kick so much). I incorporate leg extensions and hamstring curls in my weight training. I do a lot of cross training (anything from tires, sledgehammers, bleacher and track workouts, and conditioning and plyometrics). I work out in Tae Kwon Do and Hapkido classes for a minimum of two hours per day. The focus of these classes varies, but is generally grappling, kicking, boxing, MMA and striking (either individually, or in combination). I also teach a minimum of two classes per day on top of my training schedule.

Q: WHAT DO YOU TEACH YOUR STUDENTS ABOUT PHYSICAL FITNESS AND OVERALL HEALTH AND WELLNESS?

A: One of my favourite quotes is "Leadership is action, not position." I teach my instructors to follow this. Great teachers do not tell; they do not show; they inspire. Therefore, I lead my students by example, and I teach my instructors to do the same. After classes, we discuss the importance a clean diet is for overall health, as well as success in any workout regimen.

We also offer one on one nutritional consultation, and for certain programs, we even offer actual nutritional plans.

Q: HOW AND WHY YOU GOT INVOLVED WITH MANNATECH?

A: Several years ago, an Olympic track athlete, who had been following my martial arts career, approached me. He encouraged me to try Mannatech products. I did. Now, I never leave home without them. Now, I am a dedicated member of the team.

Team Mannatech is a group of more than 195 elite athletes representing hundreds of sports around the globe, of which I have the honor of being included. One of the things that attracted me to Team Mannatech is athletes are not paid.

Member athletes take the products only, which is what I find most appealing about this group. Unlike other athletic groups, Team Mannatech members are not paid to give an endorsement. That integrity is what attracted me to be a member of the team. The quality and effectiveness of the products is why I am happy to give my sincere testimony.

Q: HOW IMPORTANT IS DAILY SUPPLEMENTATION TO YOUR PHYSICAL FITNESS AND PRACTICING MARTIAL ARTS?

A: No matter how diligent people are with their diets and nutrition, the fact is our food does not provide the nutrients that we need to perform at our peak. Studies show two peaches in 1952 gave an adult female their daily serving of Vitamin A. For the same results, today, an adult female would have to eat more than 50 peaches.

I believe my daily supplementation is critical to maintaining my training regimen. I am able to train at intense levels, for longer durations, and am able to recover quickly so that I can come back and do it again tomorrow because of including cutting-edge supplements like Mannatech's in my daily regimen. For elite athletes, this is imperative.

Q: WHAT NUTRIENTS ARE MOST IMPORTANT TO YOUR WORKOUT AND SUPPLEMENTATION?

A: Every day, I take the following Mannatech supplements:

Ambrotose powder, Ambrotose AO, Plus, PhytoMatrix, CardioBalance, and MannaCleanse. Before and during workouts, I use EmPact. After intense training sessions, for optimal recovery, I take Sport.

Q: IN YOUR OPINION, WHY DON'T MORE MARTIAL ARTISTS USE SUPPLEMENTS WITH THEIR WORKOUT SCHEDULE? WHAT WOULD YOU SAY TO ENCOURAGE THEM?

A: In my opinion, it is a lack of knowledge about the benefits of nutritional supplementation being the reason more martial artists does not supplement their physical training with nutritional supplements. In martial arts, we train our minds and our bodies. There is a piece missing and that is the nutrition portion.

Q: WHAT LEGACY DO YOU HOPE TO HAVE AS A PRACTITIONER AND TEACHER OF THE MARTIAL ARTS?

A: Our motto in Team Chip is "empowering people through the pursuit of personal martial arts excellence." I strive every day to help my students make steps forward in their lives, to develop physically, as well as mentally. **P**

