

Chapter 1 : Ron Van Clief (Author of The Black Heroes of the Martial Arts)

*The Ron Van Clief Green and Purple Belt Guidebook [Ron Van Clief] on www.nxgvision.com *FREE* shipping on qualifying offers. A total program for intermediate levels of the martial arts.*

Brooklyn is the most populous borough of New York City, with a Census-estimated 2.5 million residents in 2019. It borders the borough of Queens at the end of Long Island. Many Brooklyn neighborhoods are ethnic enclaves, and Brooklyns official motto, displayed on the Borough seal and flag, is Eendraght Maeckt Maght which translates from early modern Dutch as Unity makes strength. Since 1898, Brooklyn has evolved into a hub of entrepreneurship and high technology startup firms. The history of European settlement in Brooklyn spans more than 300 years, the neighborhood of Marine Park was home to North Americas first tidal mill. It was built by the Dutch, and the foundation can be seen today, however, the area was not formally settled as a town. Many incidents and documents relating to this period are in Gabriel Furmans early compilation, what is today Brooklyn left Dutch hands after the final English conquest of New Netherland in 1664, a prelude to the Second Anglo-Dutch War. The English reorganized the six old Dutch towns on southwestern Long Island as Kings County on November 1, 1684, and this tract of land was recognized as a political entity for the first time, and the municipal groundwork was laid for a later expansive idea of Brooklyn identity. On August 27, 1776, was fought the Battle of Long Island, the first major engagement fought in the American Revolutionary War after independence was declared, and the largest of the entire conflict. The fortified American positions at Brooklyn Heights consequently became untenable and were evacuated a few days later, One result of the Treaty of Paris in 1763 was the evacuation of the British from New York City, celebrated by residents into the 20th century. The New York Navy Yard operated in Wallabout Bay for the entire 19th century, the first center of urbanization sprang up in the Town of Brooklyn, directly across from Lower Manhattan, which saw the incorporation of the Village of Brooklyn in 1808. Industrial deconcentration in mid-century was bringing shipbuilding and other manufacturing to the part of the county. Each of the two cities and six towns in Kings County remained independent municipalities, and purposely created non-aligning street grids with different naming systems and it later became the most popular and highest circulation afternoon paper in America. The publisher changed to L. With an estimated population of 8 million, distributed over an area of about 30,000 square miles. Located at the tip of the state of New York. Home to the headquarters of the United Nations, New York is an important center for international diplomacy and has described as the cultural and financial capital of the world. Situated on one of the worlds largest natural harbors, New York City consists of five boroughs, the five boroughs are Brooklyn, Queens, Manhattan, The Bronx, and Staten Island were consolidated into a single city in 1898. The city and its surroundings came under English control in 1624 and were renamed New York after King Charles II of England granted the lands to his brother, New York served as the capital of the United States from 1785 until 1790. It has been the countrys largest city since 1790, the Statue of Liberty greeted millions of immigrants as they came to the Americas by ship in the late 19th and early 20th centuries and is a symbol of the United States and its democracy. In the 21st century, New York has emerged as a node of creativity and entrepreneurship, social tolerance. Several sources have ranked New York the most photographed city in the world, the names of many of the citys bridges, tapered skyscrapers, and parks are known around the world. Manhattans real estate market is among the most expensive in the world, Manhattans Chinatown incorporates the highest concentration of Chinese people in the Western Hemisphere, with multiple signature Chinatowns developing across the city. Over 30 colleges and universities are located in New York City, including Columbia University, New York University, and Rockefeller University, during the Wisconsinan glaciation, the New York City region was situated at the edge of a large ice sheet over 1,000 feet in depth. The ice sheet scraped away large amounts of soil, leaving the bedrock that serves as the foundation for much of New York City today. Later on, movement of the ice sheet would contribute to the separation of what are now Long Island and Staten Island. Heavy ice kept him from further exploration, and he returned to Spain in August and he proceeded to sail up what the Dutch would name the North River, named first by Hudson as the Mauritius after Maurice, Prince of Orange 3. United States Forty-eight of the fifty states and the federal district are contiguous and located in North America

between Canada and Mexico. The state of Alaska is in the northwest corner of North America, bordered by Canada to the east, the state of Hawaii is an archipelago in the mid-Pacific Ocean. It is one of the world's most ethnically diverse and multicultural nations, paleo-Indians migrated from Asia to the North American mainland at least 15,000 years ago. European colonization began in the 16th century, the United States emerged from 13 British colonies along the East Coast. On July 4, 1776, during the course of the American Revolutionary War, the war ended in with recognition of the independence of the United States by Great Britain, representing the first successful war of independence against a European power. The current constitution was adopted in 1787, after the Articles of Confederation, the first ten amendments, collectively named the Bill of Rights, were ratified in and designed to guarantee many fundamental civil liberties. During the second half of the 19th century, the American Civil War led to the end of slavery in the country. By the end of century, the United States extended into the Pacific Ocean. The end of the Cold War and the dissolution of the Soviet Union in 1991 left the United States as the sole superpower. It ranks highly in several measures of performance, including average wage, human development, per capita GDP. Americans are citizens of the United States of America. The country is home to people of different national origins. As a result, Americans do not equate their nationality with ethnicity, although citizens make up the majority of Americans, non-citizen residents, dual citizens, and expatriates may also claim an American identity. See Names for United States citizens. S, Virgin Islands and Northern Mariana Islands in the 20th century. It also includes influences of African-American culture, westward expansion integrated the Creoles and Cajuns of Louisiana and the Hispanos of the Southwest and brought close contact with the culture of Mexico. Large-scale immigration in the late 19th and early 20th centuries from Southern and Eastern Europe introduced a variety of elements, immigration from Asia, Africa, and Latin America has also had impact. A cultural melting pot, or pluralistic salad bowl, describes the way in which generations of Americans have celebrated and exchanged distinctive cultural characteristics, in addition to the United States, Americans and people of American descent can be found internationally. As many as seven million Americans are estimated to be living abroad, the United States of America is a diverse country, racially, and ethnically. Some other race is also an option in the census and other surveys, people of European descent, or White Americans, constitute the majority of the million people living in the United States, with They are considered people who trace their ancestry to the peoples of Europe, the Middle East. Of those reporting to be White American, 77.1% reported to be Multiracial, with largest combination being white, additionally, there are 29.1% White Hispanics or Latinos. In addition, the District of Columbia has a non-white majority, the state with the highest percentage of non-Hispanic White Americans is Maine. The largest continental ancestral group of Americans are that of Europeans who have origins in any of the peoples of Europe. This includes people via African, North American, Caribbean, Central American or South American and Oceanian nations that have a large European diaspora, the Spanish were the first Europeans to establish a continuous presence in what is now the United States. Mixed martial arts is a full-contact combat sport that allows both striking and grappling, both standing and on the ground, using techniques from other combat sports and martial arts. The first documented use of the mixed martial arts was in a review of UFC1 by television critic Howard Rosenberg in 1993. The term gained popularity when newfullcontact. During the early 20th century, various mixed-style contests took place throughout Japan, in CV Productions, Inc. The company sanctioned ten tournaments in Pennsylvania, however, in the Pennsylvania State Senate passed a bill prohibiting the sport. In 1993, the Gracie family brought vale tudo, developed in Brazil from the 1920s, later, individual fighters employed multiple martial arts into their style. MMA promoters were pressured to adopt additional rules to increase safety, to comply with sport regulations. Following these changes, the sport has increased popularity with a pay-per-view business that rivals boxing. In Ancient Greece there was a sport called pankration, which featured a combination of grappling and striking skills similar to found in modern MMA. Pankration was formed by a combination of the already established wrestling and boxing traditions and, in Olympic terms, All strikes and holds were allowed with the exception of biting and gouging, which were banned. Fighters, also known as pankratists, fought until a fighter submitted, according to E. Norman Gardiner, No branch of athletics was more popular than the pankration. From its origins in Ancient Greece, pankration was later passed on to the Romans, the mid nineteenth century

saw the prominence of the new sport savate in the combat sports circle. At that time, French fighters wanted to test out the sport against the traditional styles of its time. However, the English team still won the four other match-ups during the contest, since then other similar contest also occurred by the late 19th to midth century between French Savateurs and other combat styles. The next publicized encounter occurred in the late s when future heavyweight boxing champion Bob Fitzsimmons took on European Greco-Roman Wrestling champion Ernest Roeber. The judo-practitioner Ren-nierand who gained fame after defeating George Dubois, would again in another similar contest against Ukrainian wrestler Ivan Poddubny. Another early example of mixed martial arts was Bartitsu, which Edward William Barton-Wright founded in London in , merikan contests were fought under a variety of rules, including points decision, best of three throws or knockdowns, and victory via knockout or submission 6. Martial arts â€” Although the term martial art has become associated with the fighting arts of eastern Asia, it originally referred to the combat systems of Europe as early as the s. The term is derived from Latin, and means arts of Mars, Martial arts may be categorized along a variety of criteria, including, Traditional or historical arts vs. Such traditions include eskrima, silat, kalaripayat, kobudo, and historical European martial arts, Many Chinese martial arts also feature weapons as part of their curriculum. Similarly, modern Western martial arts and sports include fencing, stick-fighting systems like canne de combat or singlestick. Combat-oriented Health-oriented Many martial arts, especially those from Asia, also teach side disciplines which pertain to medicinal practices and this is particularly prevalent in traditional Asian martial arts which may teach bone-setting, herbalism, and other aspects of traditional medicine. Spirituality-oriented Martial arts can also be linked with religion and spirituality, numerous systems are reputed to have been founded, disseminated, or practiced by monks or nuns. Throughout Asia, meditation may be incorporated as part of training, in those countries influenced by Hindu-Buddhist philosophy, the art itself may be used as an aid to attaining enlightenment. Japanese styles, when concerning non-physical qualities of the combat, are strongly influenced by Mahayana Buddhist philosophy. Concepts like empty mind and beginners mind are recurrent, aikido, for instance, can have a strong philosophical belief of the flow of energy and peace fostering, as idealised by its founder Morihei Ueshiba. Traditional Korean martial arts place emphasis on the development of the spiritual and philosophical development. A common theme in most Korean styles, such as taekkyeon and taekwondo, is the value of peace in a practitioner. The Koreans believe that the use of force is only justified through defense. Many such martial arts incorporate music, especially strong percussive rhythms, the oldest works of art depicting scenes of battle are cave paintings from Spain dated between 10, and 6, BCE that show organized groups fighting with bows and arrows. Chinese martial arts originated during the Xia Dynasty more than years ago and it is said the Yellow Emperor Huangdi introduced the earliest fighting systems to China. The Yellow Emperor is described as a general who, before becoming Chinas leader, wrote lengthy treatises on medicine, astrology. One of his opponents was Chi You who was credited as the creator of jiao di. The foundation of modern Asian martial arts is likely a blend of early Chinese, during the Warring States period of Chinese history extensive development in martial philosophy and strategy emerged, as described by Sun Tzu in The Art of War. Legendary accounts link the origin of Shaolinquan to the spread of Buddhism from India during the early 5th century AD, with the figure of Bodhidharma, to China 7. Cinema of the United States â€” The cinema of the United States, often metonymously referred to as Hollywood, has had a profound effect on cinema across the world since the early 20th century. Since the s, the American film industry has grossed more money every year than that of any other country, in , Eadweard Muybridge demonstrated the power of photography to capture motion. In , the worlds first commercial motion picture exhibition was given in New York City, the United States was in the forefront of sound film development in the following decades. Since the early 20th century, the U. Griffith was central to the development of film grammar. Orson Welless Citizen Kane is frequently cited in critics polls as the greatest film of all time. Today, American film studios collectively generate several hundred movies every year, muybridges accomplishment led inventors everywhere to attempt to make similar devices that would capture such motion. In the United States, Thomas Edison was among the first to produce such a device, the history of cinema in the United States can trace its roots to the East Coast where, at one time, Fort Lee, New Jersey was the motion picture capital of America. The industry got its start at the end of the 19th

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century with the construction of Thomas Edisons Black Maria, in , a forerunner of Universal Studios, the Champion Film Company, built the first studio. They were quickly followed by others who either built new studios or who leased facilities in Fort Lee, such notables as Mary Pickford got their start at Biograph Studios. Chelsea, Manhattan was also frequently used, other major centers of film production also included Chicago, Florida, Texas, California, and Cuba.

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Ron Van Clief (born January 25, in Brooklyn, New York) is an American martial artist and an actor in Hollywood and Hong Kong action www.nxgvision.com is the father of poet Shihan van Clief.

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