



James Ibrao's Five Forms to Black System

The Five Forms to Black System was created out of frustration. After nearly forty years of study in the martial arts, I have seen it all. 10th Degree Black Belts who could barely do basic moves, students who have been run through schools that had more concern for the monthly payments and testing fees than the development of the artists they train. I meet and speak to these people on a daily basis in seminars that held all over the country. I get hundreds and hundreds of e-mails from people who are dissatisfied with what they have learned or who long to wear a black belt. Do you have any idea how many people there are who have studied in a school that has closed down and left them with nothing to show for years of dedication? Thousands and thousands of them are out there.

I have never stopped training, learning and experimenting. In a career that has led me all over the world and to many instructors who have taught me so much, it all comes down to one thing. All the bells and whistles, all the amazing and incredible things always come down to one common factor; basics.



When you break down anything, any element any chemical any movement; at which point is it most powerful and potent? At its base level. Only when something at its base level is added to something else at its base level does its potency and power begin to grow. This is why I teach the basics over and over again, and when an artist learns the basics correctly, he or she can begin to mix and match those basics into some new and very powerful combinations.

I am not concerned with your current style or system; I welcome them all because they all have merit. In all my studies, I have yet to see a legitimate system that did not have something to offer. My program however is a little different. By teaching these Five Forms properly, by studying these forms and repeating these movements, your body changes. Your rhythms change and the energy that you develop and play with is unlike anything else you have ever felt.



These forms have not been chosen arbitrarily. Each form has a purpose and a meaning. One form is for strength and speed. One form one for power and endurance, one for flexibility and lengthening the body, one for developing the energy many call chi, one for developing your legs, stances. All together these form simultaneously develop your mind and spirit. Concentration, purpose and the most important aspect, passion, come naturally to your movements.

People are always shocked to learn that I still study with my instructor, Master James Wing Woo at least twice a week, every week. He watches and critiques my style and movement. He is well into his seventies yet he still does these forms, movements and techniques with ease, grace and power.



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Many of our contemporaries can barely walk. Much of this comes from tearing their bodies down instead of building them up. Your body is your tool, your mind is the plan and your spirit the engine that runs them all together, my system teaches this.

The Five Forms system works this way. There are five forms, two short, two mid-level and one long. You learn each form and then send me a tape of yourself doing the form. You may also visit me if you prefer to test in person. I welcome everyone. If you have achieved a Black Belt under another system I give you credit for that Belt when you are awarded my Black as well. I do not take away anything you have learned in previous systems. It should take a Black Belt with some skill no more than six months to learn my system. A novice who has no experience whatsoever should take between two and three years to develop and to learn what I offer. (This is the rock solid foundation for the rest of their martial arts career.)



As most schools charge an average of \$100.00 per month for classes, I charge less than four months of instruction (\$399.99) for the entire system. Even though I have sold many programs, I do not intend to get rich from this endeavor, this program is my legacy to the arts and to the training that has given me so much in return. I also offer a Franchise Program for Instructors who wish to teach my program. There are no dues, franchise fees, percentages or future payments, with this system. You pay once and when you pass, you may begin to teach the Five Forms System.

This system requires no special equipment, clothing, or location. I have taught in schools, parks, back yards and warehouses. This is because I believe in total presence and in living in the moment. If you wait for a thing, place or time to be perfect, you will be waiting forever. Wherever you are, this is where you were meant to be. Do you think you are reading this story by coincidence? No a chance. This system, my system has been created for you, please accept my gift and change your life now and forever for the better.

Visit me at www.thebelt.com for more information.

I also offer seminars and I will continue to do so as long as I am physically able. One thing we all need to understand is that no matter who we are, we only have so much time. Time is the great equalizer, don't waste it. Welcome to my system, now, make it yours.





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TESTIMONIALS FOR GRANDMASTER JAMES IBRAO'S 5 FORMS TO BLACK MARTIAL ARTS PROGRAM

Here is what people are saying about the 5 Forms To Black:

"Sifu Ibrao, we have decided to make the 5 Forms To Black part of our Bachelors of Sciences Degree program; that's how impressed we were with your tapes. The system is incredible."

Dr. David Lawton, Owner-Blue Heron Academy-Michigan

"The 5 Forms To Black is the highest quality martial arts training system we have ever previewed. It was the quality that made us decide to carry it in our product line. It is the only martial arts series we will carry."

Gloria Morrison, President of Acquisitions Echelon Entertainment



"I never achieved my black belt even though I've studied with a number of great instructors. Serving in the military really put a damper on my dream to succeed in the arts. That's all a thing of the past with your system sir. Thank you Sifu Ibrao."

G. Adamson-Stationed in Korea

"James Ibrao is a true master. In fact, it is his concepts and principles that allowed me to be such a success in the realm of pro sports. This tape series is a boon to anyone who has ever been interested in the Martial Arts and learning them correctly."

Gus Hoefling-Professional Sports Trainer:

Los Angeles Rams/Cinn. Reds/etc. www.gushoefling.com



"The 5 Forms To Black is one of the most incredible martial arts programs ever devised. It is simple, quick and effective. All of my students use this system and I recommend it to anyone who wants to learn or learn about the martial arts."

John Busto 5th Degree Black Belt-Owner New York Kenpo Karate www.nykenpo.com

"Mr. Ibrao, after getting burned by some tapes from Panther I couldn't see paying fifty bucks for a tape let alone over three hundred for a set. One of the guys from my school bought the tapes and brought them in for everyone to see. Even my instructor was blown away by the quality and the production. My check is on the way."

Cliff, New York.

"Master Ibrao has done something that many have attempted, but few have succeeded in doing, creating a real, no-nonsense system that really works for the novice or the advanced practitioner."

Black Belt Magazine-Reader Critique



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HOW TO USE THE FIVE FORMS TO BLACK

1. Do the Forms In Order: Many of you with prior experience will want to jump ahead or jump around with the forms. I suggest you do them in order. Each for specifically works another part of your anatomy and your chi. By working in order you will develop the ability to take the next form further than had you not properly prepared.

2. Train at Least Twice a Week with the Forms. While many of the students train 4 to five days a week, I suggest that you do the forms at least twice a week.

3. Do the Forms Where Ever You Might Be: You don't need a dojo, studio or special equipment to do the forms in fact, I tell people to do the forms in a small room in the dark. Memorize the movements, memorize the feelings you get when you do the movements. Notice when you are strong and weak, then work on those things. Do the forms in your backyard, at a park, at the beach. Change your surroundings and environments. Do you feet slip on the gravel or do you trip in the sand? Good, work in those places to increase your leg strength, balance and power. Now you get the idea.

4. Question The Movements: Question what you are doing and why you are doing it? Why is this block here? Why did I drop my stance there? How would this be applied in a fight situation? How does this movement make me stronger? Am I doing this as fast, as powerfully, as gracefully, as properly as I can? If not, then why?

5. Note The Changes: Once you begin the work, the changes are immediate, note the changes in your body, your stance, your training, your concentration and your understanding of how to not only defend yourself but how to project the image of defense, power, quiet and peace.

6. TRAIN TRAIN TRAIN: This is the most important concept of all. You must train diligently and with care. I have had both hips replaced in the last part of 2006. People counted me out as they have often done in my life. I'm back, strong. I walk, I move, I do my forms and I teach while standing on my own two feet. A couple of years ago while at a seminar I was tired due to the pain in my hips and I had to sit down. I noticed one of the instructor's smirk when I had to rest. After the seminar the next day I approached him and thanked him. He asked why and I walked away, or should I say, 'limped' away. I was in the hospital the next week, getting ready for the surgery I had dreaded. His laughing at my pain really got to me. It convinced me that I was far from over and I decided on the surgery. I credit my training with my quick recovery and my ability to come back much stronger than I have been for years.

