

Nabard Combat System

Where the discipline of body becomes discipline of life

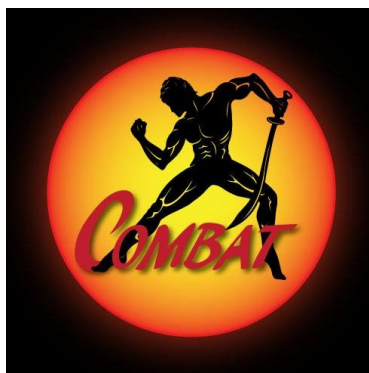


The Nabard Combat System, pioneered by Grandmaster Safakhoo, embodies a holistic approach to martial arts training that transcends traditional boundaries. Rooted in the ancient Persian philosophy of combat, Nabard is more than just a collection of techniques; it is a comprehensive system designed to cultivate physical prowess, mental acuity, and spiritual resilience.

At its core, the philosophy of Nabard revolves around adaptability, versatility, and creativity. Unlike rigid martial arts styles that adhere to strict forms and sequences, Nabard emphasizes fluidity and spontaneity in combat. Practitioners are trained to seamlessly adapt their techniques to the ever-changing dynamics of a confrontation, drawing upon a diverse repertoire of strikes, blocks, grabs, and throws.

Central to the Nabard philosophy is the concept of interchangeability. Techniques learned in isolation are recombined in myriad ways to suit the unique demands of each situation. This approach reflects the dynamic nature of combat, where improvisation and creativity often determine the outcome. By mastering the art of interchangeability, practitioners become adept at responding effectively to any threat, regardless of its nature or intensity.

Nabard also places a strong emphasis on biomechanics and body mechanics. Techniques are executed with precision and efficiency, maximizing the practitioner's biomechanical advantage while minimizing wasted energy. Through rigorous training and practice, practitioners develop a keen understanding of their body's capabilities and limitations, enabling them to perform with grace and power.



In addition to physical prowess, Nabard cultivates mental resilience and emotional fortitude. Practitioners are trained to remain calm and focused under pressure, maintaining clarity of thought and purpose even in the heat of battle. This mental discipline is essential for making split-second decisions and adapting to unforeseen challenges.

Nabard embodies Master Safakhoo's holistic approach to martial arts training, grounded in the belief that true combat proficiency can only be achieved through rigorous and

realistic engagement. Central to his philosophy is the conviction that sparring serves as the ultimate crucible for honing combat skills, offering practitioners an opportunity to test their techniques against live opponents under dynamic conditions. Safakhoo adamantly asserts that any martial art lacking sparring is akin to a choreographed dance, devoid of the essential element of practical application. Moreover, he advocates for minimal rules in sparring, arguing that excessive regulations detract from the authenticity of the training experience and hinder practitioners from developing effective self-defense strategies. Safakhoo eschews the conventional emphasis on points, belts, and trophies, viewing them as mere distractions that detract from the essence of martial arts training. Instead, he emphasizes the importance of cultivating a warrior mindset focused on continuous improvement and real-world applicability.

According to Safakhoo, the true distinction between martial arts lies in their sparring systems, which go beyond surface-level technique differences to cultivate adaptable, versatile fighters capable of navigating a wide array of combat situations.

By prioritizing unencumbered, realistic sparring, Safakhoo empowers practitioners to transcend the limitations of rote memorization and embrace the fluidity and unpredictability of real-world combat.

Beyond the physical and mental aspects, Nabard fosters a sense of spiritual growth and self-discovery. Practitioners are encouraged to explore the deeper dimensions of martial arts, cultivating virtues such as humility, integrity, and compassion. Through the practice of Nabard, individuals embark on a journey of self-realization, uncovering hidden strengths and overcoming personal limitations.

In essence, the Nabard Combat System is more than just a means of self-defense; it is a way of life. Grounded in ancient wisdom yet forward-thinking in its approach, Nabard offers practitioners a path to holistic development and empowerment. By embracing the principles of adaptability, versatility, and creativity, individuals can unlock their full potential and navigate life's challenges with courage, resilience, and grace.

The Persian Art of Combat

Master Safakhoo's creation of Nabard Combat System was deeply influenced by the philosophical underpinnings of Persian culture, which imbued his martial art with a unique perspective and approach. Several aspects of Persian culture's philosophy played a significant role in shaping Safakhoo's vision for Nabard.

Persian culture emphasizes the importance of adaptability in the face of challenges and change, a philosophy evident in Nabard's core principles prioritizing fluidity and versatility in combat. Safakhoo designed Nabard to be adaptable to various combat

scenarios, allowing practitioners to seamlessly transition between different techniques based on the demands of the situation.

Additionally, Persian culture values ingenuity and creative problem-solving as essential traits, which Safakhoo reflected in his innovative approach to martial arts. He devised novel training methods and techniques to address the complexities of combat, encouraging practitioners to think creatively and adapt their strategies effectively. Despite his innovative contributions, Safakhoo maintained a deep respect for Persian martial traditions and heritage, drawing inspiration from ancient strategies and integrating them into Nabard's teachings. This ensured that the art remained rooted in its cultural heritage while embracing modern advancements. Moreover, Persian culture places great emphasis on achieving harmony and balance in all aspects of life, a philosophy Safakhoo incorporated into Nabard's training regimen. He emphasized balanced physical development, mental focus, and spiritual well-being, seeking to cultivate harmony between body, mind, and spirit for holistic growth and self-improvement.

Finally, Persian culture is renowned for its rich philosophical traditions, exploring profound questions about existence and morality. Safakhoo infused Nabard with philosophical depth, encouraging practitioners to contemplate deeper principles underlying martial arts practice. Through Nabard, Safakhoo sought to impart not only physical skills but also philosophical insights enriching practitioners' lives beyond combat. In summary, Master Safakhoo's creation of Nabard Combat System reflects the philosophical values of Persian culture, emphasizing adaptability, creativity, respect for tradition, harmony, and philosophical depth, embodying the timeless wisdom of Persian philosophy.

Biography of Grandmaster Safakhoo



Grandmaster Safakhoo is a revered figure in the world of martial arts, renowned for his innovative contributions to combat training and fitness. Born with an innate passion for martial arts and a relentless pursuit of excellence, Safakhoo's journey from a young practitioner to a distinguished Grandmaster is a testament to his unwavering dedication and pioneering spirit.

Early Life and Education:

Safakhoo's journey into the world of martial arts began at a young age, driven by an inherent curiosity and fascination with combat techniques. Growing up, he attended martial arts schools where he honed his skills and immersed himself in various disciplines. However, Safakhoo's quest for knowledge extended beyond mere physical training; he harbored a deep interest in the historical and philosophical aspects of martial arts practices.

As Safakhoo's education progressed, so did his exploration of different martial art forms and their underlying principles. With an analytical approach, he delved into the fighting skills of diverse cultures, seeking to unravel the intricacies of combat beyond its surface movements. This relentless pursuit of understanding laid the foundation for Safakhoo's future endeavors and shaped his unique perspective on martial arts.

Introduction of Nabard:

In 1983, Safakhoo introduced his revolutionary martial art system, Nabard, to the United States, marking a significant milestone in his career. Nabard, derived from the ancient Persian word for combat, represented more than just a martial art; it embodied Safakhoo's profound insights into the science of combat and his innovative approach to training.

Philosophy of Nabard:

At the core of Nabard lies the fundamental principle of adaptability. Safakhoo recognized the dynamic nature of combat and the need for practitioners to be versatile and fluid in their techniques. Inspired by biomechanics, Safakhoo developed a martial art system characterized by interchangeability, where strikes could seamlessly transition into blocks, blocks into grabs, and grabs into throws. This adaptability, coupled with Safakhoo's emphasis on creativity and effectiveness, set Nabard apart as a truly versatile and comprehensive combat system.

Innovations in Fitness: Nabard Fitness Training

In addition to his contributions to combat training, Safakhoo revolutionized the fitness industry with the Nabard Fitness System. The Nabard Fitness System is more than a set of tools. It is a fitness system embedded within a comprehensive conceptual

framework. Featuring interchangeable core exercises that are only limited by your imagination, Nabard Fitness is a system consisting of hundreds of motions designed to target specific muscle groups while delivering a cardio-intensive workout.

Nabard Fitness Training epitomizes Grandmaster Safakhoo's groundbreaking approach to physical conditioning, featuring specially crafted equipment meticulously designed by Safakhoo himself to cater to the diverse needs of martial athletes. Safakhoo's methodology places a premium on precise physical conditioning, with each tool seamlessly integrated into the philosophy of various martial arts disciplines. His most significant contribution to the fitness world lies in the creation of patent-pending devices such as the Triflex Stretching Device, Universal Training Dummy (UTD), Omega Training, and Log Training. Each device features offset handles, specific grips, and fluid routines working together to control the angle of muscle force and create constant resistance against gravity. The constant resistance stimulates stabilizing muscles required for balancing and controlling the body's actions and ability for managing workloads. Additionally, Nabard Fitness Training incorporates Safakhoo's unique conditioning training called, Iron Body.

The Triflex Stretching and Exercise Device



Among the many unique stretches and devices designed by Safakhoo, is the Nabard Triflex. Safakhoo created the Triflex in 1983, as a means by which his students could achieve maximum flexibility. The Nabard Triflex is designed to use the body weight of the practitioner to increase strength and maximize flexibility simultaneously.

With proper use, this device is considered safe for individuals with ankle, knee, and hip problems, as a modification to the traditional "floor" split method. However, it is recommended to seek the advice of a licensed medical doctor prior to performing this or any exercise.

Consistent use will result in extreme flexibility of the leg muscles. Achieving an advanced level of flexibility enables the practitioner to more easily visualize, comprehend, and execute the strategies in Nabard.

The Universal Training Device (UTD)



The Universal Training Dummy or UTD was created by Grandmaster Safakhoo to enhance the skill of its user by forcing one to exercise strategic creativity as well as hone one's physical combat skills. The UTD serves as a three-dimensional visual aid which assists students in conceptualizing the application of the combat strategies devised by Safakhoo. Involving all angles as opposed to unilateral training, Safakhoo's octopus training concepts allow one to practice all of the movements required in combat including: flanking, turning, and dodging in a continuous and circular manner.



As an original concept belonging to Safakhoo, the UTD is designed to enhance a student's overall learning experience in the art of Nabard by offering this creative three-dimensional device as opposed to traditional one dimensional wooden-dummy models, Safakhoo has revolutionized sparring training in martial arts

Omega Training



An addition to the Nabard Fitness System, Safakhoo's Omega Training is utilized in Nabard for martial fitness. So named for their shape which resembles the last letter of the Greek alphabet, these bow shackles are conventionally used to anchor ships. However, Safakhoo recognized that they could also work as a versatile exercise device. The unique shape of the mega creates unusual resistance by offsetting the weight distribution, unlike traditional weight plates, which have a uniform weight distribution. Omega

training includes both floor and standing exercises and is excellent for building core strength.

Log Training



Nabard Log Training, also known as NLT, conceived and developed by Grandmaster Safakhoo, stands as a groundbreaking fitness regimen that seamlessly blends martial arts principles with innovative training techniques. Rooted in Safakhoo's extensive experience in martial arts and his deep understanding of human biomechanics, Nabard Log Training represents a paradigm shift in the world of functional fitness.

At the heart of Nabard Log Training lies its unique utilization of offset handles, a feature that sets it apart from conventional fitness equipment. Safakhoo recognized the potential of offset handles in creating novel resistance patterns, thereby challenging muscles in new and dynamic ways. By exploiting the distorted gravity produced by the off-set handles, Nabard Log Training

generates constant resistance throughout a series of rhythmic rotations, engaging a wide array of muscles in the process.

Nabard Log Training transcends traditional fitness routines by integrating scientific theory with Safakhoo's bio-techniques. Safakhoo's meticulous design ensures that each movement in the regimen targets specific muscle groups, fostering balanced muscular development and functional strength. The regimen encompasses isometric, isotonic, and isokinetic movements, offering a comprehensive workout that enhances cardiovascular health, strength, endurance, flexibility, and coordination.

One of the distinctive features of Nabard Log Training is its focus on stabilizing muscle development. Safakhoo recognized the pivotal role of stabilizing muscles in athletic performance, whether in combat sports or everyday activities. By engaging stabilizers, agonists, antagonists, and assistor muscles, Nabard Log Training cultivates a strong and resilient musculoskeletal system, essential for maintaining balance, control, and injury prevention.

Originally conceived as a training tool for martial artists within the Nabard Combat System, Log Training quickly garnered attention for its efficacy and versatility. Safakhoo's martial arts background informed the development of Log Training, with each movement mirroring specific combat strategies employed in Nabard. From strikes to blocks to grabs, every motion in Log Training serves a dual purpose: enhancing physical fitness and refining martial prowess.

While rooted in martial arts principles, Nabard Log Training transcends its origins to cater to individuals of all fitness levels and backgrounds. Safakhoo's vision of creating a comprehensive and accessible training system has made Log Training a staple in gyms, fitness centers, and martial arts studios worldwide. Its versatility, effectiveness, and emphasis on safety have garnered widespread acclaim, attracting fitness enthusiasts seeking a dynamic and results-driven workout experience.

Iron Body



Through Iron Body training, students engage in exercise routines meticulously designed to cultivate strength and stability and pain resistance, thereby enhancing their overall proficiency in executing techniques.

Iron-Body training primes Nabard practitioners to adeptly navigate tasks such as grappling, throwing, weapons handling, pain resistance, and endurance. Participants are tasked with executing movements in unison, all the while maintaining

stoic expressions, as the leading instructor signals transitions with rhythmic guttural chants known as “tabl,” fostering a state of active meditation wherein mental and physical unity is believed to converge. From this harmonious state, practitioners hone their ability to discipline both mind and body, transcending pain to employ strategic prowess in combat scenarios.



Legacy and Impact:

Throughout his illustrious career, Grandmaster Safakhoo has left an indelible mark on the world of martial arts and fitness. His dedication to deciphering the science of combat, coupled with his innovative approach to training, has inspired countless practitioners and fitness enthusiasts worldwide. Safakhoo's legacy lives on through Nabard, a martial art system that continues to evolve and adapt to the ever-changing demands of combat.

As a true visionary and pioneer, Grandmaster Safakhoo's contributions to martial arts and fitness will endure for generations to come, serving as a beacon of inspiration for all who seek to explore the boundless potential of the human body and mind.