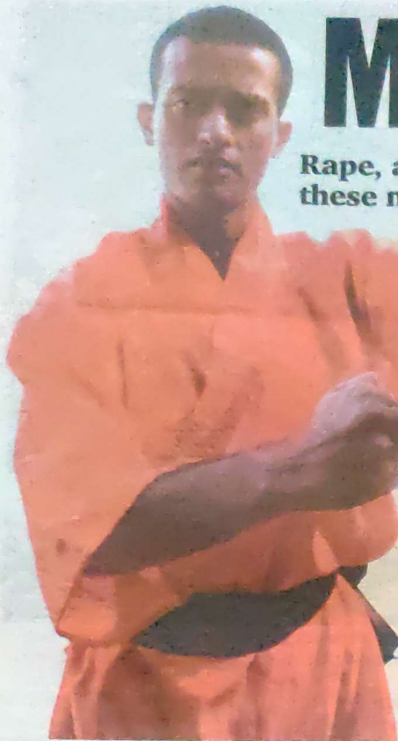


magic woman

BROUGHT TO YOU BY Whirlpool

Martial moves

Rape, assault, even robbery. Be prepared for anything. Try these moves from martial arts expert Kanishka Sharma



PHOTOS: PANKAJ NANGIA

Vanita Singh

"Mental toughness is more important than physical strength. Always hit the guy where it hurts, like the groin, neck, the back of the neck and other weak points," points out Kanishka Sharma, a martial arts expert. "If you have the body of a hulk but the spirit of a mouse, you can do nothing," he insists.

So how can you defend yourself if someone tries to attack you? "Martial arts is all about common sense and using the opponent's force against him," he says. According to Sharma, it is an art. But you only need to master the moves.

By the way, Sharma also presents *Synergy of Martial Arts* on DD Bharti (Saturday, 7.30 p.m.), a programme that breaks the myths surrounding martial arts and how it can be adopted for one's personality development.

And he is trained in not only Kung fu Toa-Jeetkunedo, but is also well versed with Shotokan karate, Kick boxing, Kung fu Toa-Jeetkunedo, Kalarippayatu and is the first Indian to be trained at Shaolin temple, (the seat of Shaolin Kung fu), China.

Here are some tips: "If you are being attacked, first, use common sense. Screaming and shouting is very important. Use everything possible, be it a pen, a watch, stones or simply spit into the eyes of the attacker. Also, be aware of the surroundings," he says. Sharma teaches self-defense and personality development.

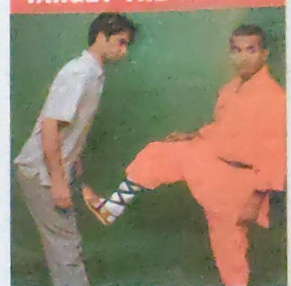
Integrated Institute of Martial Arts, G-12, Sector 27, Noida. Call: 98104-25902

KNEE JERK



Just hit the attacker's knee and see him crumble

TARGET THE GROIN



Always hit the guy where it hurts the most—like the groin

RAPE: If an attacker tries to molest you, here's how to knock-out the guy

The first thing that the attacker will try to do is push you to the ground. As he tries to pin you down, hit him in the groin and simultaneously push him away with your hands. Then push your foot around his neck, locking it, and pressing him down.
Tip: Remember not to lose your cool



ASSAULT: A frontal assault? Follow these steps to ward him off and bring him down

When an attacker tries to assault you from the front, hit his jaw with your lower arm so that he is pushed away. Then place your leg behind his leg so you can lock the movement of the attacker while pushing him down with your hand.
Tip: Concentrate on the move and keep calm



A bit too close for comfort



Agony Uncle

Suniti B: I am a 16-year-old girl. I am afraid that my closest girlfriend has lesbian-like tendencies. I really like her, as a friend, but am afraid that her sexual preferences might disturb our relationship. How should I handle this?

Uncle: Well on one hand you say you feel she has "lesbian-like tendencies" and then you go ahead and decide that her sexual preferences may disturb your relationship. What you call "tendencies" may just be her way of being

affectionate. Many people are quite comfortable with touch, while some are not. So unless she has overtly made statements and tried to do things that have made you feel uncomfortable, maybe you are mistaking her actions for something they are not. If you are sure, then simply confront her and tell her you want to remain a friend and just that.

Amita S: I have a huge problem. I am in love with my professor in college. He is young, smart and whenever he speaks I feel he's talking directly to me. We have even had coffee in the canteen together but I don't know if he feels anything for me. How can I find out?

Uncle: Well, slipping a note in your exam sheet asking him out may help. Try it. But if he sneaks you to the principal, then you may be in trouble. Though I won't give you a lecture and ask you if you even know what love means, I have to say this: are you sure this isn't infatuation? Many people mistake the admiration they have for a teacher or a mentor to be love. But it isn't. See what else you have in common except the subject he teaches you. And though love can brew over a cup of coffee, the magic of the java has to work for both. Seriously, don't do anything. Just wait and watch. If he feels something, you'll know through hints, gestures. If there's no such thing, then you have your answer.

Bindiya S: Hi, I am 17 and my elder sister is 24. She is very pretty and everybody is always complimenting her on her looks. Now I don't like going out anywhere with her like family functions as comparisons always arise. What should I do?
Uncle: Get out of her shadow. Really. Move your bed away. Then try to repeat this exercise mentally. Do not focus on the one department in which you feel you are lacking—looks. I'm sure you're pretty in your own way, and in any case looks are overrated. Don't pay so much attention to external appearances. Instead, better your other skills and strengths. Once you are appreciated for those it will boost your morale and you can then shift your bed right back.

HAVE A QUERY?

E-mail us at agonyuncle@india-today.com

Martial arts with Akshay



Famous for his big-screen breathtaking stunts, most of which he performs himself, film star and martial arts practitioner **Akshay Kumar** is taking the viewers on a spectacular journey through the world of martial arts, aired on *National Geographic Channel*.

Seven Deadly Arts, the seven-part series that began on May 9, had Akshay practising and perfecting his *katas* with Indian masters and learning new skills from the masters of Kung Fu and Aikido. **Kanishka Sharma**, the only Indian to be trained at the Shaolin Temple in China, trained the Bollywood star for two episodes of the series.

This is the first time when Akshay, who moved to Bangkok, in his early teens to learn and master Karate and Muay Thai, has performed on small screen.

"My dream has always been to start a school in Karate and show more and more Indians the power and beauty of martial arts," said Akshay. "The programme has given me the opportunity to reach out across the country and explain to children and parents the discipline and strength that martial arts bring to one's life." The seven martial arts include Karate, Aikido, Shaolin Kung Fu, Muay Thai, Taekwondo, Kalarippayattu and Capoeira.



Kanishka Sharma

me & my money

Kanishk Sharma

Following the release of *Goal*, martial arts maestro Kanishk Sharma speaks his heart out

'I charge Rs 10 lakh for a film and Rs 30,000 for TV'



What was your first job and how much did you bag in your first salary?
My first job was with Reliance Industries as a management trainee in 2000 and I got Rs 12,000 pm.

What has been your best financial move?
I'd say opting to be the fight choreographer for Farhan Akhtar's *Don*. That was a very big move and it made great financial sense.

What has been the most expensive martial arts related item you have ever purchased? When did you buy it, where, and how much did it cost?
Purchasing a wooden dummy — something I can practice my moves on — from China two years back. It costed me around Rs 15-20,000 then.

What has been your best investment?
In material terms my house but actually I would say investing in my martial arts knowledge — something I have gained over 21 years by learning from the greatest masters.

What has been your worst investment?
None. I have no regrets.

How much cash do you have in your wallet right now? What do you typically need that for?

I am leaving for China tonight so right now I have about Rs 30,000. But typically I carry between Rs 1500 and Rs 3000 and I spend it mostly on food.

Do you carry credit cards? Which card/cards do you use the most and what do you generally swipe them for — clothes, big-ticket shopping, something else?
Yes, I like my Stan Chart and ICICI Bank cards and I use them mainly on fuel.

What has been the most expensive item you have bought to date? And when?
My Scorpio but am planning to buy a Ford Endeavor soon.

KANISHK SHARMA, 29
He is the first Indian to be trained at Shaolin Temple Secular Disciple Union, Shaolin Temple, China

He is making a cameo debut in a the movie *Goal* — which released on Nov 23.

He is busy setting up his own Shaolin institute in Rishikesh currently which will open its doors to students in the coming year. He's been so busy with the institute that he had to turn down two films offered to him for doing the fight choreography.

He has trained Bollywood stars like Shahrukh Khan, John Abraham, Arshad Warsi, Akshay Kumar, Arjun Rampal, Priyanka Chopra and Boman Irani etc

What has been the most expensive item you have lost or which got damaged/broken?
It's not an item but the most valuable loss has been that of my father.

Is martial arts a very expensive hobby? How much did your Shaolin Temple course cost?
Can't say that martial arts is particularly expensive a hobby but its not a well paying proposition. My course in Shaolin Temple, which I first attended in 2001, costs \$1069 a month. I still go to Shaolin Temple every year to upgrade my knowledge. I am there for about four months in year. I work in India for about six months and make my money by training students, making TV series on martial arts etc and then go reinvest in my hobby. For one episode on DD, I earn about Rs 20,000. For one day shooting with private channels I charge Rs 30,000 but it also varies from channel to channel. Of course I make the most money from films. I charge Rs 10 lakh a movie. My latest movie, *Goal* was released on 23rd Nov.

What is the biggest tip, post a dinner or lunch that you have ever left on the table? Where and when?
I left Rs 1,000 at Bukhara, Maurya Sheraton once. Yes, the food was that good.

Which charities are you involved with?
No organised charities because I don't trust them. I do donate money to temples randomly.

Do you keep track of household finances on a daily basis? Would you for instance know the price of a loaf of bread, a litre of petrol and a kilo of rice at any given time?
I don't keep track of household finances, so, I would not know the price of rice, sabzi etc but I do know how much Maggi, butter and bread etc cost.

If you were not a martial arts expert, what would you be?
I can't imagine being anything else. From the age of 8 this has been my only dream. I even did an MBA but martial arts will always be my first love. That's why I left Reliance Industries. And I tell all my girlfriends just that ... and they just have to deal with it.

How much do you charge your students?
I train students for 12 sessions in a month and for that I charge Rs 30,000. Of course, I charge my friends far less than that.

As told to Sushmita Choudhury

Sundaram rolls out new energy opportunities fund

SUNDARAM BNP Paribas Mutual has launched Sundaram BNP Paribas Select Thematic Funds Energy Opportunities. It is a close-ended equity scheme that will convert automatically into an open-end scheme on completion of three years. The investment objective of the fund is to seek long term capital appreciation by investing primarily in equity and equity-related instruments of companies in the domestic market that predominantly focus on or benefit from, directly or indirectly, the opportunities and develop-

ments in the energy sector. Sundaram BNP Paribas Mutual, has over Rs. 12,457.96 crores (as on 31st October 2007) assets under management
FUND FACTS
Offer open till: December 11, 2007
Investment objective: Capital appreciation
Type of scheme: Close-end for three years
Offer price: Rs10 per unit
LOADS: Entry and exit load—nil
Options: Dividend Payout, Growth
Minimum application: Rs 5,000
Benchmark: BSE Oil & Gas Index

Small is the new big

DBS Chola has launched a three year close-ended fund, DBS Chola Small Cap Fund. This fund seeks to generate long term capital appreciation by investing predominantly in equity and equity related instruments of companies with small market capitalisation. Though, not a new concept the fund is for those looking at diversification in their portfolio and looking for opportunities in future companies. Says R. Rajagopal, Chief Investment Officer, DBS Chola Mutual Fund, "The fund has the BSE Small cap index as the benchmark that has over 400 companies in it." "We are however looking at a portfolio of 40-60 companies that we will invest in from this universe."

The fund will invest in companies whose market capitalisation falls between the highest and the lowest constituent of the Bombay Stock Exchange Small Cap Index.
FUND FACTS
OFFER OPEN TILL: December 20, 2007
INVESTMENT OBJECTIVE: Capital appreciation
TYPE OF SCHEME: Close-end for three years
OFFER PRICE: Rs10 per unit
LOADS: Entry and exit load—nil
OPTIONS: Dividend Payout and growth
MINIMUM APPLICATION: Rs 5,000
BENCHMARK: Bombay Stock Exchange Small Cap Index

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दिल्ली न्यूज

एडीशनल डीसीपी की कार से कुचलकर एक मरा

अमर उजाला ब्यूरो

नई दिल्ली। दिल्ली पुलिस के अतिरिक्त उपायुक्त की कार तेज गति से रेडलाइट पार करते हुए आगे जा रही मोटरसाइकिल पर सवार दो युवकों को रौंद डाला। इनमें से एक की मौत हो गई और दूसरे की हालत नाजुक बनी हुई है।

यह कार पुलिस नियंत्रण कक्ष के अतिरिक्त उपायुक्त पी. एस. भूषण की है जो दुर्घटना के समय कार में सवार थे। इस सिलसिले में माडल टाउन थाने की पुलिस ने चालक हवलदार सतपाल के खिलाफ लापरवाही से वाहन चलाते हुए जान लेने व चोट पहुंचाने का मामला दर्ज किया है। इस

पर धारा 279 व 304 ए के तहत मामला दर्ज किया गया है।

दुर्घटना सोमवार दोपहर बाद करीब दो बजे माडल टाउन स्थित अल्पना सिनेमा के पास हुई। कांति नगर, शाहदरा के रहने वाले 20 वर्षीय राहुल शर्मा अपने दोस्त अमित वर्मा के साथ शालीमारबाग से घर लौट रहे थे। जब वे अल्पना सिनेमा के पास पहुंचे तो पीछे से लाल बत्ती को जम्प करती हुई एम्बेसडर कार नंबर डी एल 1 एफ 6890 ने उनकी मोटरसाइकिल को जबरदस्त टक्कर मारी। टक्कर लगते ही

राहुल तथा पीछे बैठे अमित वर्मा नीचे गिर गए और बुरी तरह घायल हो गए। यह देख कार भी वहीं रुक गई। इसी बीच पीछे से पुलिस नियंत्रण कक्ष की जिप्सी पर सवार पुलिसकर्मी भी वहां आ गए। खून से लथपथ व बेहोश पड़े राहुल व अमित को उनके साथी संदीप व वरुण ने मदद से हिंदू राव अस्पताल पहुंचाया।

ये दोनों साथी भी उनके साथ शालीमारबाग गए थे। जहां इन लोगों ने अपनी मोटरसाइकिल का इंश्योरेंस कराना

था। हिंदू राव अस्पताल की सिटी स्कैन मशीन खराब थी जिसकी वजह से राहुल को ट्रोमा सेंटर लाया गया जहां शाम करीब साढ़े पांच उसने दम तोड़ दिया। उसके सिर, हाथ तथा जांघों पर गंभीर चोटें थीं। घायल अमित वर्मा के हाथ की हड्डी टूटी है और शरीर के अन्य हिस्से में भी चोटें हैं। इसी बीच दुर्घटना की जानकारी मिलने पर राहुल व अमित के परिजन अस्पताल पहुंच गए। राहुल के पिता स्पेयर आटो का कारोबार करते हैं जबकि अमित वर्मा का बनावटो आभूषण का काम है। दोनों पश्चमी आजाद नगर के रहने वाले हैं। दुर्घटना के समय उपायुक्त माडल टाउन स्थित अपने कार्यालय जा रहे थे।

घायल युवक की हालत नाजुक



आईसीसीआर द्वारा राजधानी में सोमवार को आयोजित एक कार्यक्रम में चीनी मार्शल आर्ट शाओलिन का प्रदर्शन करते कनिष्क शर्मा। फोटो: विभास बनर्जी

मार्शल आर्ट से मन मोह लिया कनिष्क ने

नई दिल्ली। मार्शल आर्ट मात्र शारीरिक व्यायाम ही नहीं है, बल्कि इसका संबंध योग, ध्यान एवं आत्मा से है। हालांकि इसका विकास चीन में हुआ, लेकिन अब इस कला को ओर भारतीय भी आकर्षित हो रहे हैं। यह साबित कर दिया कनिष्क शर्मा ने, जो कि एकमात्र ऐसे भारतीय हैं, जिन्होंने चीन के शाओलिन मठ में जाकर मार्शल आर्ट का प्रशिक्षण लिया है। अपनी इस कला का प्रदर्शन कनिष्क शर्मा ने सोमवार को कमानो सभागार में जब किया तो दर्शकों को दक्षिण भारत के केरल को कलारियाप्पात् और चीन के कुंग फू कला के जोहर एक साथ देखने को मिले। दर्शक मंत्र मुग्ध हो गए। कनिष्क ने बाद में अमर उजाला से कहा कि मार्शल आर्ट का संबंध शरीर से कम आत्मा से अधिक है। जैसे भी इस कला का विकास बौद्ध भिक्षुओं ने किया था। कमानो हॉल में विश्व के नौ देशों के कलाकारों ने सोमवार को अपने देश की संस्कृति को मार्शल आर्ट एवं नृत्य के माध्यम से प्रस्तुत कर दर्शकों का मन मोह लिया। पांचवें अप्पन अंतरराष्ट्रीय समारोह का आयोजन यूनेस्को एवं आईसीसीआर के सहयोग से किया गया। अप्पन की अध्यक्षता

परीक्षा देने दूसरे कॉलेज जाना पड़ सकता है

में गत दिसंबर माह में एक शिक्षक की मृत्यु से उस कर्पणारी तय पाठ्य को मर

Enter The Shaolin

Kanishka Sharma wants to produce 'spiritual warriors' through his martial art form

SHAILAJA TRIPATHI

AT 22, Shaolin instructor Kanishka Sharma seems to be busier than many others his age. He is currently conducting martial arts workshops in Delhi, training the Special Additional Force personnel of Chhattisgarh in the system of handlocking, and shooting a fitness programme for a television news channel.

His ultimate goal, however, is to make people into "spiritual warriors" through the martial arts. "Why does your presence of mind vanish as soon as you see a thief pointing a knife at you? Why don't you react soon enough?" Sharma asks, adding that his classes may help you solve these problems.

Sharma, one of the few Indians to have got trained at the Shaolin Temple in China, is planning to create a replica of the temple in India. The Shaolin Temple is situated in Henan province of China. Sharma also wants to train people in Shaolin

martial arts in India. "I will get four monks from Shaolin to teach here," he says.

His interest in the field was triggered on his 10th birthday, when his father gifted him a video cassette of the film *The 36th Chamber of Shaolin*. "After that I just wanted to go there," recalls Sharma. But there was a hitch. The place was closed to outsiders. As the years went by, Shaolin started accepting students from other countries too. Sharma applied in 2001 and was called there to take a test. Since he had already learnt Karate, Kalaripayattu, and Kungfu Toa-Jeet Kune Do (the Bruce Lee style of martial arts) in India, his foundation was already strong, and he cleared the test.

Sharma has also taken training in softer martial arts, such as Tai Chi Chuan and Ba Duan Jin. He explains: "It is not just about punches and kicks. You get to learn the right mind-body-spirit coordination. It has made me a better human being."



Sharma plans to create a replica in India of China's Shaolin temple

EXPRESS NEWSline

The Indian EXPRESS

NOW you can combine Schwarzenegger's punches with pasta and Mexican salsa. M2K, the multiplex which opened in Rohini recently, now has a new restaurant in the complex too. It doesn't, however, carry a name as cryptic as the cinema. The restaurant, which opened last week, has simply been christened 'The Hubb'.

Warning: be prepared to flick or swat away the flies that promise to intervene in your rendezvous with family or friends. Even the sumptuous multi-cuisine and live



The kitchen (top); and the dining area (bottom)

cooking experience could not take our attention away from the pests. The staff had perhaps sprayed a repellent earlier in the day since the flies were dropping dead at the table. The glitch was a cause of embarrassment to Vikash Bhagechandka, CEO of M2K, even as he

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CHORDS & NOTES

the graduate



ANNE
BANCROFT
DUSTIN
HOFFMAN
KATHARINE
ROSS

The Graduate

Shemaroo Rs. 249 (DVD)

The Graduate (1967), directed by Mike Nichols, was an iconic movie of its times. On its 40th anniversary, Shemaroo re-released the classic in DVD form. It was the first movie to hint at the stardom that Dustin Hoffman would eventually reach. Forty years after its release, this comedy-drama-romance continues to tickle with its wit and impress with its cinematography. It's set around a young college graduate, Ben Braddock, played by Hoffman, who is trying to find his feet after college. The movie raises the usual issues of growing-up angst but with biting intelligence. The crux of the movie is the seduction of Ben by Mrs. Robinson (Anne Bancroft) and their ensuing relationship. Ben, however, finds love in her daughter Elaine (Katharine Ross). Through landmark dialogues and shots the movie creates hilarious yet poignant moments.

The film also brought the folk-rock duo of Simon and Garfunkel to the top of the charts in 1968. The single hit "Mrs. Robinson" occurs through the movie either as the song or as a subterranean hum. The movie received three Oscar nominations for Hoffman, Bancroft and Ross.

This re-release proves how some movies outlive time.

Bobby Hutcherson: Happenings

Blue Note/Virgin Records; CD,
Rs. 295

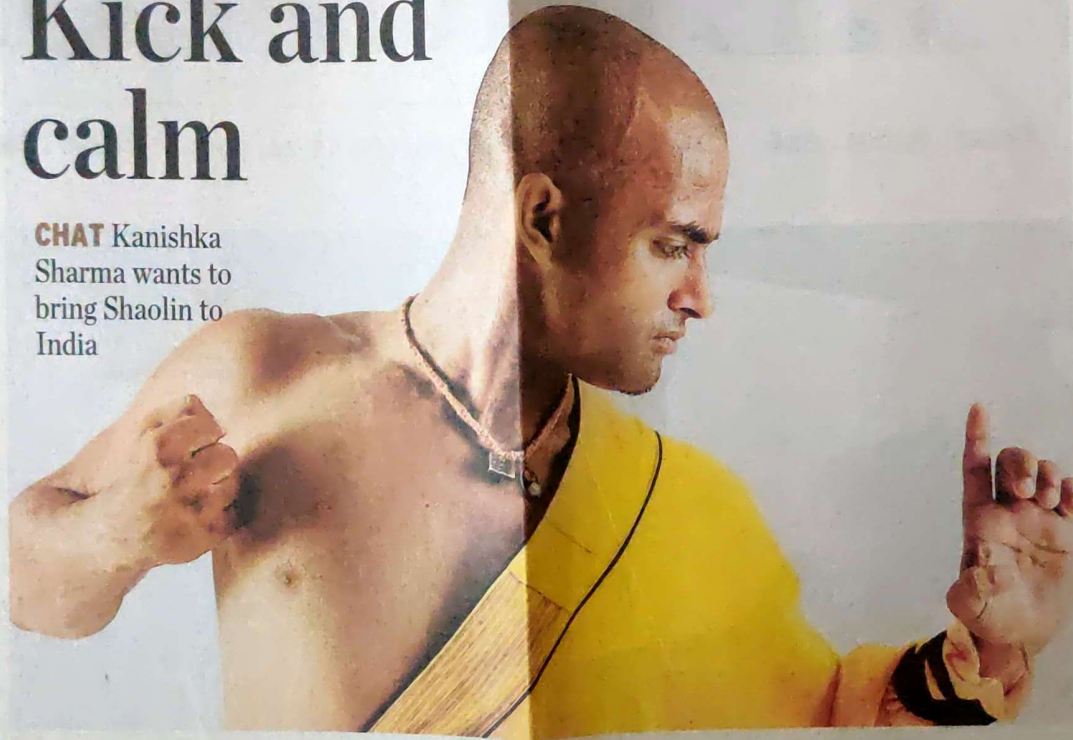
Born in 1941, Bobby Hutcherson is one of the leading vibraphonists in jazz, a worthy successor to such pioneers as Lionel Hampton and Milt Jackson. Equally facile on the marimba, a larger sibling of the vibraphone, he switches to it on "The Omen", the last track of this album.

Hutcherson is an almost exact contemporary of Herbie Hancock, who shot to fame a few years earlier and is featured on piano on this 1966 album. The idea presumably was that Hancock's name, and indeed his music, would give Hutcherson a leg-up. Keeping them company are the equally youthful Bob Cranshaw on bass and Joe Chambers on drums.

Despite Hancock's leg-up to him, the album is meant to showcase Hutcherson's talents both as a performer and as a composer. Apart from Hancock's "Maiden Voyage", the other six pieces were written by Hutcherson. Highlighting him as a performer on a

Kick and calm

CHAT Kanishka Sharma wants to bring Shaolin to India



ALL POISE Kanishka Sharma has trained many Bollywood stars including Shah Rukh Khan

He comes across as a gentle soul who would be eking out a living as a software engineer or a banker, but a closer look reveals that Kanishka Sharma is no ordinary person. At 29, he is the only accomplished shaolin warrior in India trained at the famous Shaolin Temple.

"I am the first Indian to be trained at Shaolin Temple Secular Disciple Union, Shaolin Temple, China. When I was seven, I happened to watch 36 Chambers of Shaolin. Since then for 22 years I have been in

love with the art. I was first introduced to martial arts in 1986 when I started training under Sensei Murugan in the art of Okinawa Te and practised it till 1990. Later I was introduced to Kungfu Toa. Then I started my study of Shaolin Chan (Zen), Wu (martial arts) and yi (medicine) under Master Shi Heng Jun, Head of Shaolin Temple Secular Disciple Union, Shaolin Temple, China," says Kanishka who trains students in many premier schools in the Capital and also imparts training to policemen.

Currently he and his teacher Shifu Liu Ze Fang are looking for a place in the Capital to establish a branch of the Shaolin Temple. "I want this craft to continue its traditional form and be included in the curriculum of schools," Kanishka is also good in shaolin weapons like Shaolin Dao (Broad sword), Drunkard stick and Shaolin Magic Wind Cudgel. He has mastered the art of Shaolin Qinna (catch and lock) and Dian Xue (pressure point punching). However, he insists that shaolin is not like any other

martial art. "It is not just a means to fight or of self defence. It keeps you calm and is also a means of quick healing."

Training stars

Kanishka has also trained Bollywood stars Shah Rukh Khan and Priyanka Chopra for Don and was recently seen in Goal. "Bollywood has exploited only one aspect of shaolin. I want people to see the larger good that can be achieved through shaolin," says Kanishka who counts Akshay

Kumar among his good friends.

On the growing popularity of Karate and Taekwondo, Kanishka says these two martial arts have originated out of Shaolin. "Since they are easier to learn, people tend to go for them. You can have a belt in these sports in two years' time, while in this period one can learn only the ABCD of Shaolin. It's like the difference between having a McDonald's burger and cooking a dish from scratch and then having it."

ANUJ KUMAR

Hollywood in Hindi



Brad Pitt

Now Hollywood heartthrobs Brad Pitt, Keanu Reeves, George Clooney, Arnold Schwarzenegger and Orlando Bloom could be seen talking in Hindi on Zee Cinema as the channel announces the launch of an exciting weekend entertainment series - Namaste Hollywood.

Carrying on its tradition of presenting the audience with movies, masti and magic, Zee Cinema will showcase two of Hollywood's biggest blockbusters dubbed into Hindi on the last Sunday of every month. Namaste Hollywood kicks off with a flourish at 3:30 p.m. this Sunday with thrillers like Eraser and Matrix Reloaded.

Commenting on the initiative, Zee Cinema Business Head, Mohan Gopinath says, "Hollywood is synonymous with world-class technology in filmmaking, mind-blowing special effects, breathtaking stunts and superior editing that produces edgy thrillers. At Zee Cinema, we want every Hindi-speaking cinema lover to relish the magic of Hollywood films just as much as he enjoys the masti of Bollywood."

The channel has an interesting line-up of blockbusters such as Batman Returns and Batman & Robin, war films and high-voltage dramas like Troy and The Last Samurai and family entertainers like Free Willy.

Idea that changes life

A cause on wheels

Even as kickboxing gets a glamorised treatment in Bollywood, it is packing a punch in the Capital

Boxing Zing

RICHA GUPTA

ON a bridge near the Petronas Towers in Kuala Lumpur, Arjun Rampal makes his way, wielding a stick to attack Shah Rukh Khan. Khan, who had sweated through a month of Bruce Lee-style kickboxing, moves lithely and in a swift motion, disarms Rampal, who retaliates with Muay Thai or Thai kickboxing. The scene of action shifts to a train in a junkyard where Priyanka Chopra sheds her seductive image and punches Khan as she engages in Shaolin Xing Yi Liu He boxing. The new *Don* glamorised kickboxing on the silver screen, and some of that magic has fallen on the dusty boxing rings and battered punching bags in

the Capital.

Kanishka Sharma, a 29-year-old martial-arts expert, who choreographed the fight sequence in *Don*, has had doctors, teachers and designers punching and puffing at his Shaolin Chan Academy at Andrews Ganj. "Viveik Oberoi and Isha Koppikar too have shown interest in learning kickboxing," says Sharma, who has moved from behind-the-scenes to the front of the camera in *Goal*. He not only taught John Abraham to pack some punches, Muay Thai-style, but also flew up in the air onscreen to score a goal.

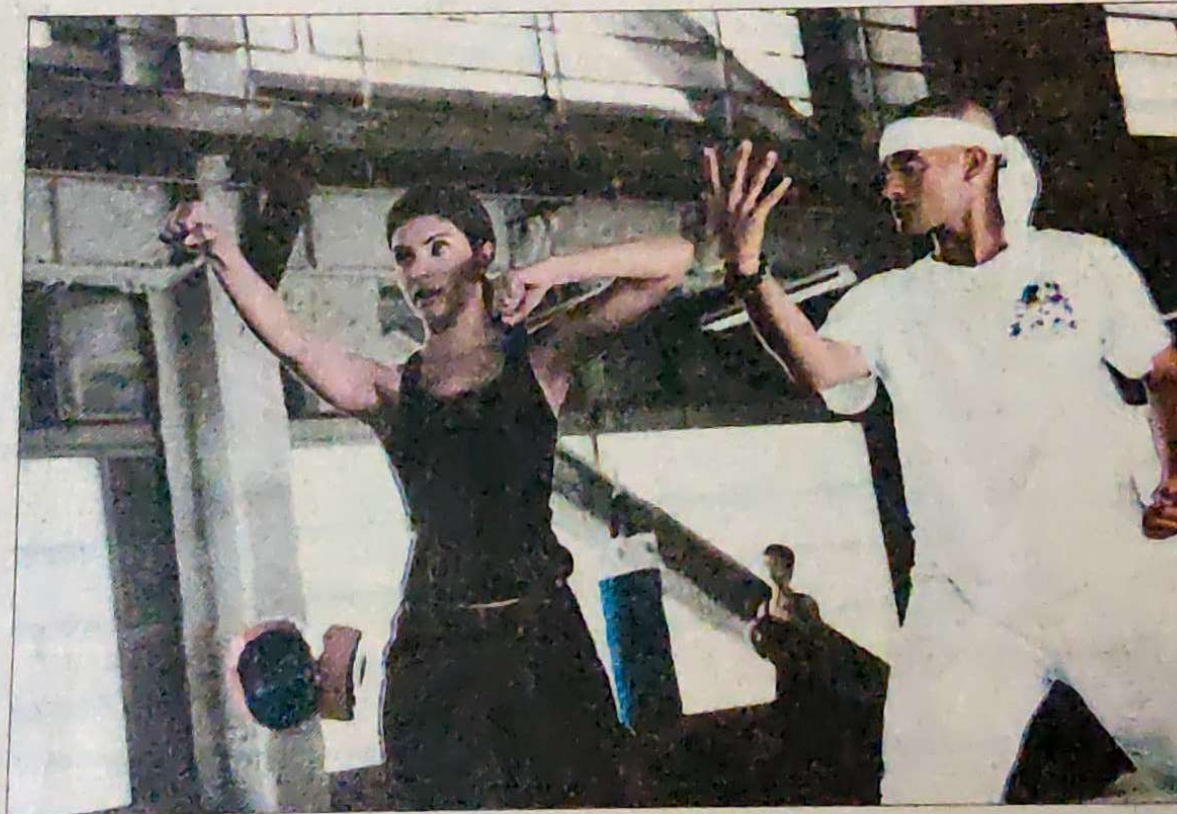
Forget Bollywood, think Delhi. Kickboxing is fast picking up here, especially among young women who are tired of their sedentary

lifestyle and want to lose weight while kicking up some fun. At Vicky's School of Oriental Arts in Saket, women are standing in a row, hitting punching bags. Megha Chopra, a 20-something primary schoolteacher, sucks in her breath and gives a hammer strike while her instructor looks on. She stumbles as

she switches to elbow attacks and aggressive kicks, but Rohan S, her trainer, asks her to go on. "She is finding it difficult as she is new. She will soon get used to it," he says.

Unlike Chopra, Kamaldeep Chaggar, a 30-year-old veterinary doctor, is a natural at kickboxing. Puffing between punches, she says, "It is a good way to tone up the body and build your stamina." An hour of cardio kickboxing can help you burn 600-800 calories.

That is one reason why 14-year-olds and 60-somethings are training at Fitnesolution at Greater Kailash. Says trainer Kiran Sawhney: "We make sure that the exercises for elderly are mild and not too hard on their joints." But if joining a class doesn't interest you, then you can learn kickboxing in the comfort of your own home. Bharat Sharma, a fifth-degree black belt, will train you individually. "I make my clients do shadow boxing, apart from meditation, skipping and other exercises." But the personalised service comes for a price — Rs 6,000 a month.



PUNCH LINE: (Above) Sharma trains Priyanka Chopra for *Don*; (top) Megha Chopra at Vicky's School of Oriental Arts

Kung Fu Fighting

Kanishka Sharma has ventured where no Indian has ever gone before: the 5th century Shaolin temple. **Vidya Shivadas** meets the martial arts exponent

ON the sets on a television programme on martial arts that Kung Fu expert Kanishka Sharma is anchoring, Kalaripayattu (Kalari) artist P Murugan is about to demonstrate a throw. Suddenly, a sickening crack rents the air — the arm of the Kalari artist at the receiving end of Murugan's skills has slipped out of the socket. But Sharma continues to smile unperturbed. You are wondering whether you should label him psychotic when you hear a click. The arm has neatly been put back in its place. "The greatness of Kalari, the mother of all martial arts, is that one is taught how to fix each and every part one breaks," the 24-year-old tells an imaginary audience.

Post-shooting, Sharma is clearly wired ("he has been at it for nine hours straight," his mother whispers sympathetically) and wants to talk about everything at one go — the seven martial arts he has studied (Thai boxing, Jeet Kune Do, Kalari, Kung Fu, etc, etc), the self-defence school he wants to start for girls, his full-time job with Reliance, why he thinks Bruce Lee is the greatest.

So it is a while before he gets down to talking about his latest claim to fame — being the first Indian (or, as the Chinese used to call him, 'Indoo') to spend two-and-a-half months in the 5th century Shaolin temple in the Deng Feng city of the Hanal district, learning Shaolin Kung Fu. "It all began when I watched *36th Chamber of Shaolin* as a 10-year-old," laughs the Delhi boy. Last year, his dream came true when he applied to Master Shi Hen's Secular Disciple Union and was picked for admission after a vigorous test.

"Shaolin is the only place that teaches martial arts in the com-

pletely traditional way. We have to run on stones, practice punches against six-foot high pillars. Till now they never taught it to foreigners, but ever since the Chinese government started promoting Wu Shu, a more performance-oriented martial art, over Shaolin, they have begun to teach it to everyone," says Sharma. In fact, the school he studied at, like most Shaolin Kung Fu schools in that area, was banned a month after he finished the course. "The government wants to convert the area into a tourist spot and get rid of all the schools from there," he sighs.

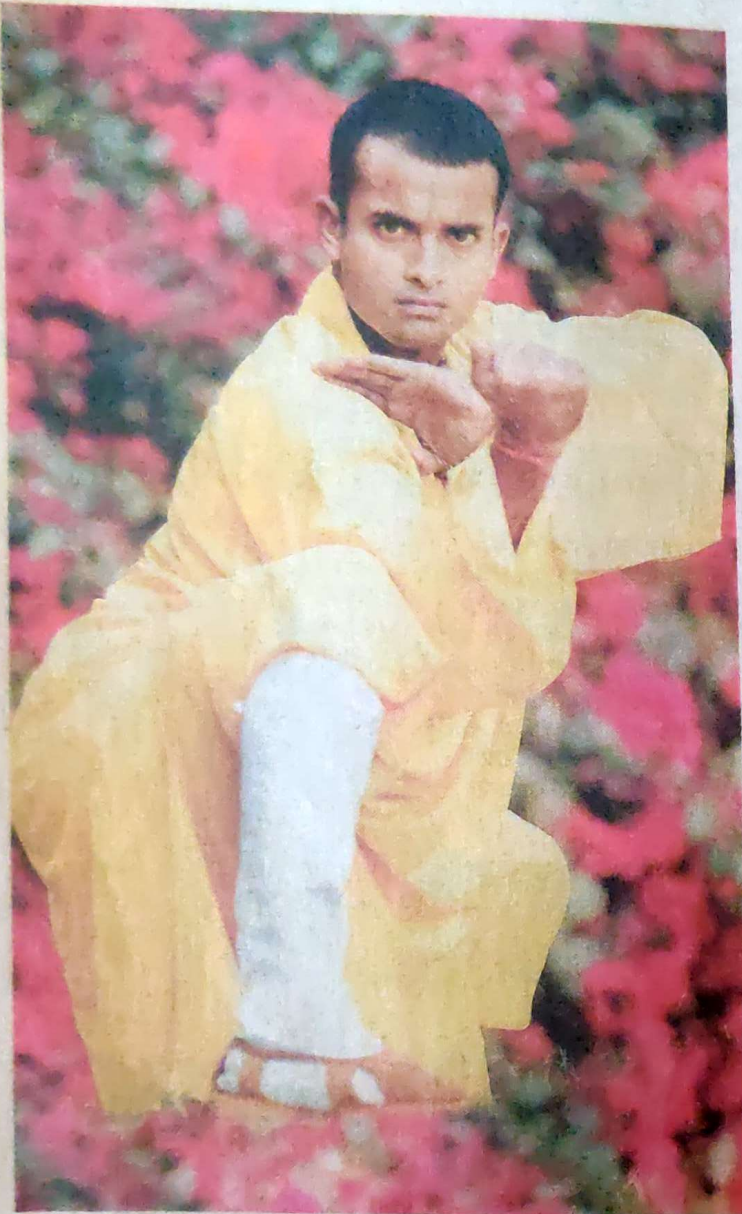
He remembers his first visit inside the Temple. "It is an awesome

him from being privy to the final stages of Shaolin Kung Fu called Chi Gong, because one needs to know Chinese for it. But he is not bothered. "The final stage of Kalari, which is called Prana, is the same as Chi Gong. They teach you about the two points in the body to which you can send energy without touching. I have seen a Kalari artist knocking down people from a distance of 10 feet just by pointing a finger at them," he says, sure that it is only a matter of time before he learns the secret. For now it is back to following the instructions of his Shaolin teacher and setting up a branch of the school here in Delhi.

sight — there is a giant tree that bears thousands of punch marks, a huge, almost surreal alarm clock, pagoda structures that serve as meditation halls and hundreds of people silently practising."

Sharma plans to go back next year to study further. But he knows that he being Indian comes in the way of





Razor edge: Kung Fu master Kanishka Sharma has choreographed the fight sequences for the film *Don*

The Don of chops & kicks

Sonal Srivastava

It's time for some Kung Fu kicks for our Bollywood stars as Delhi chap Kanishka Sharma trains them for real action for the movie *Don*. An Indian disciple of Shaolin (one of the oldest Kung Fu schools in China), Sharma got the prize assignment after "a friend showed my CD to Farhan Akhtar. He called me and signed me as a fight choreographer for his remake of *Don*," he says.

Kung Fu might just be the next big thing in Bollywood, what with Shah Rukh Khan, Priyanka Chopra, Arjun Rampal and Boman Irani taking lessons from Sharma. "They are excited. I tried to give them distinct combat styles," says Sharma.

On training the King Khan, Kung Fu master says: "Shah Rukh is very swift in his move-

ments though he has a neck problem. He could well be the Jackie Chan of India."

Arjun Rampal will be kickboxing and Priyanka Chopra will be swirling chains and whips in *Don*. "Each one is doing his own stunts for the movie," Sharma says. For leading lady Priyanka, he reserves his best

comments: "She's like a rubber doll, agile and athletic. What others learnt in two months, she picked up in a few days."

Besides a brush with Bollywood, Sharma is also working on bringing Shaolin Temple to India. "We

are inviting monks from Shaolin to India. We've different courses ranging from anti kidnapping feats to Police Kung Fu. All the certificates will bear the stamp of Shaolin Temple Secular Disciple."

Game for some kicks?

"Shah Rukh is swift in his movements. He could well be the Jackie Chan of India"





KUNG-FU CALLING

MOVE OVER SRK AND JOHN ABRAHAM, DELHI WILL SOON BOAST OF ITS OWN KUNG-FU WARRIORS

SHWETA JAIN

King Khan's acrobatic stunts in *Don* are now being emulated by Priyanka Chopra for the action-packed sequel *Don 2*. Be it *Khilaadi* Akshay Kumar or hunk John Abraham, it's the versatility of the ancient martial art of Shaolin Chan Kung Fu which is responsible for their cinematic agility. Delhi-based master Kanishka Sharma imparted lessons to the stars and now the 1,500-year-old martial art from China's renowned Shaolin temple looks set to woo the Capital. Sharma along with Grand-Master Shifu Shi Yanzi from London are due to open a Buddhist Culture Centre in the city.



Top: Shifu Shi Yanzi and Kanishka Sharma; top right: Kanishka with Priyanka Chopra and (above) with John Abraham

gong, breathing techniques, besides traditional Chan martial arts. "Initially, I wasn't admitted into the temple as I didn't qualify according to their rules. But I was hell bent on joining so as to learn this ancient art form. I spent two good years learning other forms of Kung fu," Yanzi recalls. "It's a form of 'moving meditation'. It helps one in controlling one's body, attaining mental peace, become more confident and heal the body," he says about Shaolin Chan.

movie project together with his master Yanzi. 40-something Yanzi is also in Delhi to chalk out plans to initiate a Buddhist Centre with a capacity of 1,000 students and aims to resume the Ch'an Buddhist culture and philosophy to India, "as the roots of Buddhism lie embedded in India."

"I'm also here to learn more about Buddhism. I've visited Rishikesh as we're planning to open a centre there. I feel this country and its people are inspiring and interesting," he says.

Shifu Shi Yanzi is one of the 34th generation of fighting monks at the Shaolin Temple, China where he joined at the age of 17. After 15 years studying and training to become a monk under his master, he mastered the healing arts of meditation, qi

A product of Sardar Patel School, 29-year-old Sharma is the only Indian to have visited the Shaolin Temple, China to learn the Shaolin Chan (Zen), Wu (martial arts) and yi (medicine) under his master Shi Heng Jun. Having carved a space in Bollywood, the martial arts expert has trained Akshay Kumar, Shah Rukh Khan, John Abraham, Arshad Warsi and Priyanka Chopra.

"I trained SRK for *Don* and worked with John and Arshad for *Goal*. Presently, I have another film with Shah Rukh Khan, besides a Hollywood project, which I can't name right now," says Sharma. He claims that the techniques of Shaolin can also cure the ailments related to one's heart, spine, blood and liver. "There are some internal breathing techniques by performing which one can also cure something like cancer, cervical problems or sciatica," he adds.

Sharma is also contemplating a

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ON YOUR MARKS: Filmmakers try to find their mark at the box office this week with "Goal" (left) and "Elizabeth: The Golden Age" (right).

Look who's in town: footballers, warriors and royalty

CINEMA

ZIYA US SALAM

GOAL

(At Chanakya and other Delhi theatres)

Some day in the not-too-distant future every other Hindi film might offer a whiff of fresh air. For the moment, though, a single swallow has to make a summer. So, riding on the success of "Chak De India", comes Vivek Agnihotri's "Dhan Dhana Dhan Goal", or simply "Goal", a sports film that would have scored many a goal at the box office had it not been preceded by Shimrit Amin's much talked after "Chak De..." However, serendipity does not wait at every street corner. The success of "Chak De..." was as heart-warming as it was surprising.

No surprises in store for "Goal" now, though. No self-goal, sure, but no match winner here. It is the kind of film that packs several cheery moments between many repeats with predictable elements. It is an out-and-out sports film that is only incidentally in Hindi. Practically, it is an English film with a dash of Hindi, catering to the widespread Indian Diaspora. The Hindi-speaking Indian living in some little town of emerging India is not even on the mind of Agnihotri. His mind is where the money is, and that comes these days from the foreign market for more and more Bollywood films. Agnihotri talks to "Indians" who left India a long time ago! Guys who bear racism abroad so that they can send some money back home. Agnihotri's film scores several laudable points, to be sure: this ostensible tale of an English football club's fight for survival is actually about the

challenge forces of development are throwing at all of us. Is a multiplex with cinema halls, food courts and shopping plaza a better option on acres of land used only for the harmless purpose of dribbling a ball from one end to another? And, in football, as in life, is the individual actually paramount? And is the West as clean and egalitarian as many would have us believe? All those are very pertinent issues, but Agnihotri opts for the kid-glove approach. His focus is on entertainment as he showcases the struggle of the club to keep itself afloat. The team has not won a match in memory, and here it has to win the championship if it has to retain possession of the football ground. Arshad as Shaan Ali Khan heads the team, coached by Boman Irani, a former top guy, who fell foul of the society that does not brook non-white winners with ease. Then there is John Abraham,

an ace footballer who is denied a berth in a local team. Again, you guessed it, because of the colour of his skin.... The narration is not smooth, there are some sequences where everything moves briskly. Then some when the film stagnates. Then come moments when stereotypes reign. For instance, the mandatory weepy guy from Bangladesh remembering home! The good-hearted Sardarji with his loud but clean-hearted wife. And the fumbling goalkeeper....! Where the film scores is the tension the director is able to build up in the run-up to the final: If and how the team will salvage its reputation? And the little sparks between the team members. You don't quite get engrossed as it is not your national team fighting it out, but for sports lovers it is still a nice feeling. And, yes, "Billo Ranji..." is sinfully delightful too. Go for "Goal" if your expecta-

tions are low and the mood bleak. Despite a wooden John Abraham and a wasted Bipasha Basu, it would still cheer you up.

ELIZABETH: THE GOLDEN AGE

(At Spice PVR, Noida; and Delhi theatres)

The Queen was pretty without being gullible. A better state to nurture than to be conceited without being beautiful, one would say. But the Queen, like the rest of us, was a mortal too. And every mortal has finite possibilities, and weaknesses. One such was her soft corner for Sir Walter Raleigh, a man with a charm all his own, and a dash of impudence wrapped under a cloak of dignity. Yet denied to the Queen was the pleasure of being loved for what she was: she could command obedience, but could she expect love? Shekhar Kapur has an interesting premise in this period

film here that recaptures the life of the British Queen who was modern enough not to punish her subjects for their belief, and traditional enough not to defy the well-entrenched social mores. Revisiting the roles of the first part are Cate Blanchett and Geoffrey Rush along with Clive Owen, who as the seafarer with long locks and wise words is quite a winner. Back too is the joy, albeit muted, of the historical. The lines are powerful, the sequences well enacted, and usually well juxtaposed. The story is predictable: the Queen is faced with betrayal and a challenge to her throne from the Spanish Armada. And amid times of war, there blooms love for the seaman in the heart of the Queen, a love so natural yet so forbidden! The film moves at a gentle pace. Attention is on detail and niceties. There is hardly a moment when inaccuracy creeps into the narration. But little dra-

ma and lack of momentum in storytelling prove to be the film's undoing. And a generation used to celebrating the virtues of ordinariness and instant pleasure fails to identify with the tale of a queen who knew too much, and was often too restrained in her exorcising. And Shekhar Kapur's film ends up as a laboured exercise. The moments of good fortune and uplifting words are too sparse. And Kapur ends up as a flawed practitioner of a wonderful craft. Sorry, but this Queen might not command too much attendance at the box office.

BEOWULF

(At Wave, Noida; and Delhi theatres)

Epics never die on the big screen. They visit us in different avatars. Competing for attention this week is "Beowulf", an epic drama set in Scandinavia. Relating the oft-

told story of a warrior, Beowulf, who crushes the demon Grendel only to incur the wrath of his mother, this movie has nothing but spectacle to recommend.

The violence is predictable, the savagery uncalled for. And the special effects providing for mysterious pearly eyes only serve to heighten the sense of the movie being set in some timeless age with grand warriors, swords, seductive mothers and the like. Relating the story of Beowulf - Ray Winstone sleepwalking through the role - who travels across the sea to save the kingdom from the monster of Grendel, if you have an appetite for the stories of warriors with blood and gore. And the sword-wielders are not averse to a skin show, some of their own, others of the woman in front! Otherwise there is only a huge canvas, battle scenes and the usual intrigue. Not much to take home.

TODAY IS

Take your child upto 5

Shaolin star

Martial arts expert Kanishk Sharma taught Shah Rukh Khan new fighting tricks in *Don*; (Below) Sharma's grand master Sitta Wang



Should Kanishk Sharma think about a change of career? The Shaolin master who chucked up a corporate career, is about to make his first appearance on screen. He will make a movie debut in Vivek Agnihotri's *Goal* as Debashish, a Bengali soccer player who is also a kung fu expert. Sharma's also the fight coordinator of the blockbuster *Don* and has taught Shah Rukh Khan a boxful of new fighting tricks. "That was a dream project. I have always wanted to showcase martial art in Indian cinema," says Sharma.

On a sunny afternoon, Sharma, dressed in a yellow

Martial arts expert Kanishk Sharma is giving Bollywood a new fighting spirit, says **Hoihnu Hauzel**

Shaolin robe, willingly demonstrate the stunts and fighting moves that are on show in *Don*. He's accompanied by his grand master Sitta Wang who has come all the way from China. "We use four styles of martial arts," says Sharma.

Cut to the opening fight which Shah Rukh Khan do the Shaolin Tuand to ward off an opponent. In another scene, he disarms an armed man using police kung fu (used by the Taiwanese police). In his fight with Arjun Rampal he uses 'trapping hands' or Jeet Kune Do which was developed by Bruce Lee. And in the climax fight with Boman Irani, it was Shaolin Lian Huan boxing that wins the day for Khan. "Training them was an experience," says Sharma who personally trained Khan at his Bandra home for two hours every day for a month.

It was his work in *Don* that landed him the job as fight choreographer for *Goal*. "What better break could I have asked for," says Sharma who feels the hard work has paid off. After more than 20 years of vigorous training, Sharma who is trained in different forms of martial art: Okinawa Te, King Kung Te, *kalaripattu*, Chinese kick boxing, and other things are looking up. "I learnt all this in India from various masters but I always wanted to learn the Shaolin style in its true form in China," he says.

So, in 2001, he packed his bags and landed in Hainan province in China

Kanishk Sharma's choice of martial arts as a career has been profitable

Karate KID

When I quit my job with Reliance in 2001 to pursue martial arts full time, it took everybody by surprise. But today, with choreographing fight sequences in films like the Shah Rukh Khan-starrer *Don*, shows for television, an institu-

tion, training classes for school children and corporates under my belt, I've my hands full.

As a child, I used to watch a lot of Bruce Lee films and in 1987 enrolled in a karate class in Delhi. Besides karate, I learnt Chinese kick-boxing, kung fu, Muay Thai, Okinawa Te and kalaripayattu. In fact, in the last six years I have mastered six martial art forms and plan

to learn a few more. My ambition is to master as many as possible.

When I was about 10, my father presented me with a video cassette of the film *36 Chambers of Shaolin*. That became an all-time favourite of mine. I wanted to study at Shaolin and train to become a master myself.

In 1999, I went to a business school in Holland and graduated with a gold medal. On my return to India, I joined the Reliance group of companies. I wouldn't say I was very

happy there because my mind would drift to honing my martial arts skills. Actually, other than martial arts very few things mattered to me.

After watching a television programme on Shaolin I decided to go to China to learn the finer points under the tutelage of the greatest living master Shiheng Jun. But my immediate superior refused to grant me three months leave. But thankfully Anil Ambani stepped in and cleared my leave application.

My father had recently passed away. However, my mother supported my decision though she was going through a terrible phase, emotionally and financially.

The trip to Shaolin was quite expensive. My mother and I pooled in our savings to scrape together the Rs 1 lakh that I needed. I left for

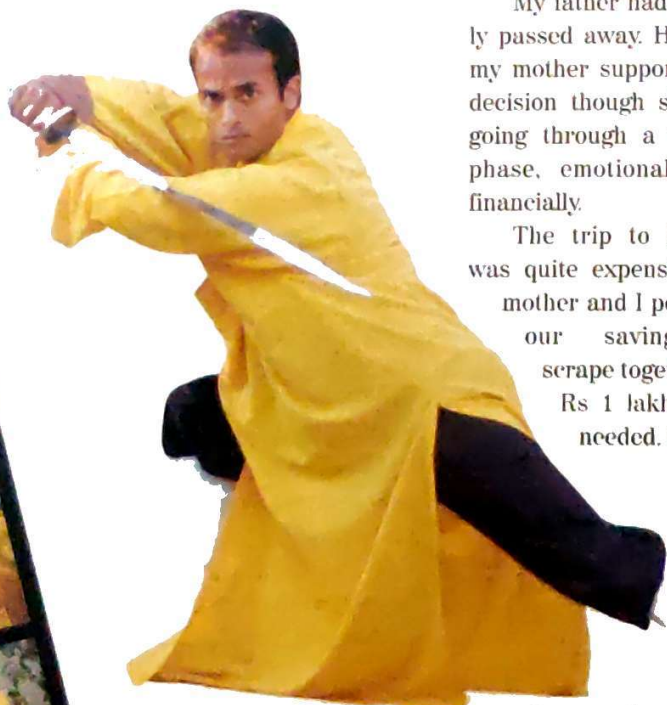
China in 2001. I never regretted the decision.

Over the last few years things have fallen in place. Today I make enough money by holding de-stressing sessions for white-collar workers in organisations such as Bhel, Seagrams and PSL among others. Film and television assignments also keep me busy. I have co-anchored television shows for domestic as well as international channels.

I have two more film projects lined up for this year—*Goal* (with John Abraham and Bipasha Basu) in which I am the martial arts designer. I will also be playing a small role in the film, so in a way this marks my debut as an actor too; the other one is a film directed by Sashi Ranjan in which I again play a small role apart from directing the fight sequences.

And my dream child, Shaolin Academy, a martial arts institute is doing quite well. I guess it pays to do unconventional things and follow your dreams.

As told to RAKESH RAI



Photographs by PRITANKA SAHAI



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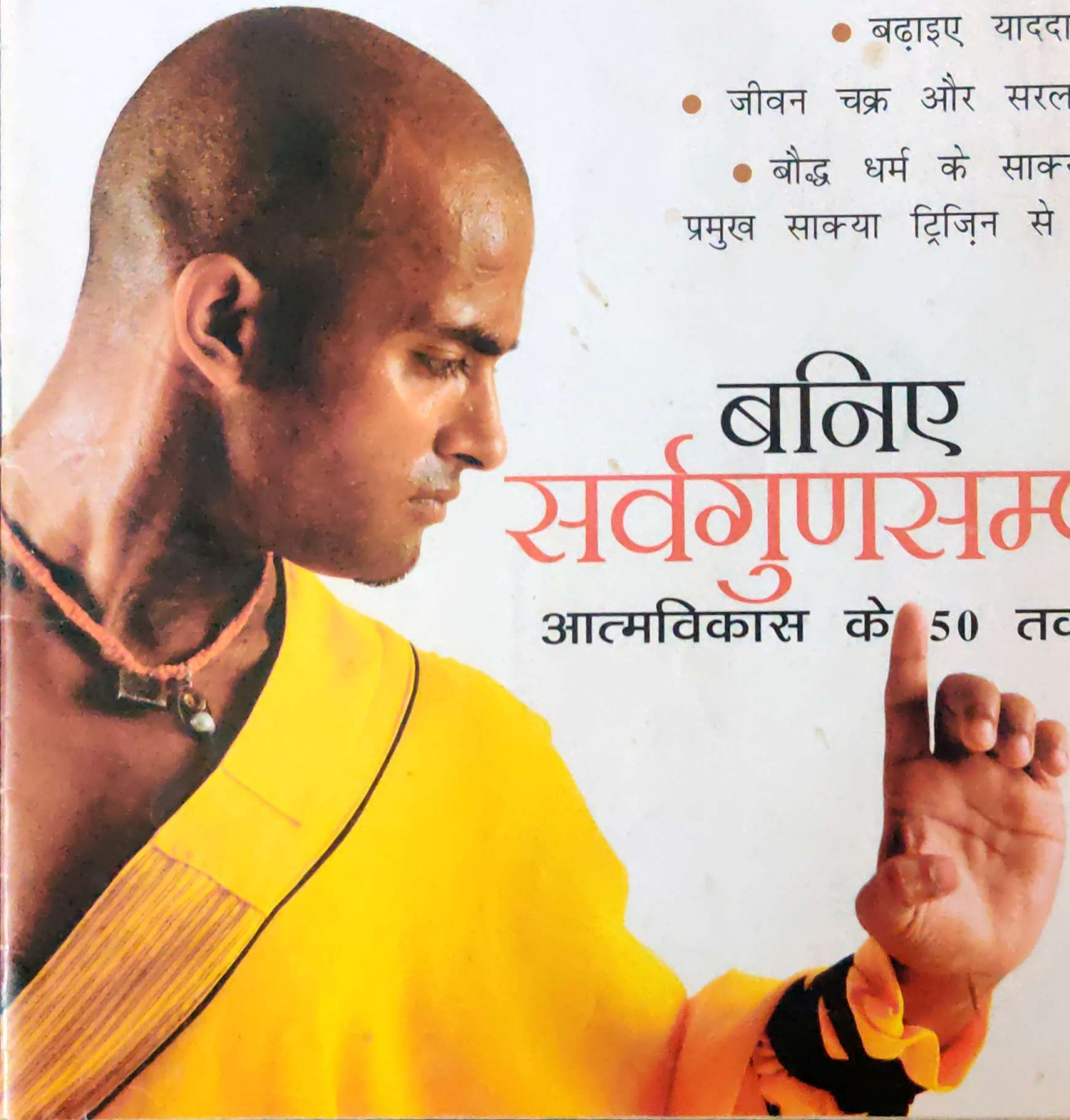
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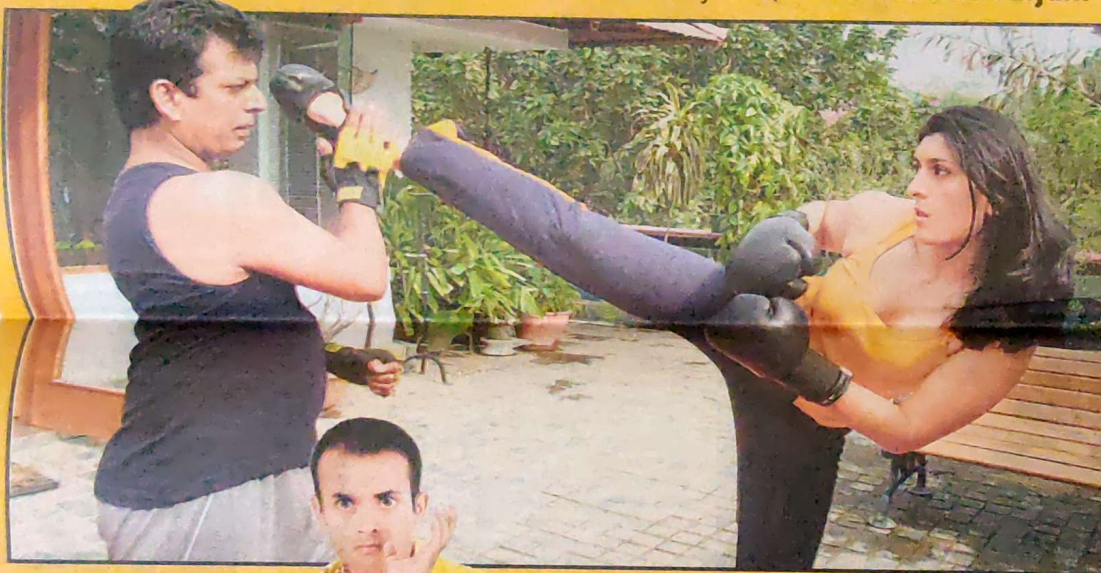
HOLLYWOOD HAPPENINGS

Paris Hilton is allegedly behind the leaking of pirated pictures of Nicole Richie and rocker Joel Madden's baby shower. **PAGE 44**



FIGHT CLUB

Jackie Chan has competition. Delhi's ninjas are increasingly 'martialling' the art of self defence with newer forms like *Wu Shu* and Muay Thai, writes **Nawaid Anjum**



It's the yin and yang of martial arts wooing the city's health and fitness freaks. Having been fed on an ample dose of Bruce Lee, Jackie Chan and Tony Jaa flicks, Delhiites who've long sworn by Kick-boxing, Kung Fu, Taek Wondo and Judo Karate are now punching, stretching, jumping and sweeping to fight the battle of the bulge. The quest for muscle toning is witnessing health buffs tread the path of Krav Maga, Tai Chi, Wu Shu, Shaolin and Muay Thai.

MEDITATION IN MOTION: TAI CHI

An ancient Chinese martial art form, Tai Chi helps improve both physical and emotional well-being. Described as meditation in motion, it helps cultivate *chi* (energy) circulating in your body, using fluid movements to strengthen internal organs like the heart, lungs and kidneys. Master Rajnish, chief instructor at the Martial Art Academy (MAA), Andrews Ganj Extension, says, "Tai Chi is the ultimate stress buster. While yoga is a still form of meditation, Tai Chi is a set of techniques performed in a rhythm." MAA offers basic courses in Tai Chi's different forms, including 10, 16, 24, 42, 78 and 108.

ART OF SELF-DEFENCE: WU SHU

According to Rajnish, Wu Shu is a



Top: Sensei Bharat Sharma, a kick-boxing expert and above, Shaolin master Kanishka Sharma

variation of Kung Fu or Gung Fu, the Chinese martial art. "It's an art and a complete system of self-defence. Wu Shu courses are designed according to its different styles known as Yang, Su, Wu and Chan. The course varies with the physique of the person concerned," he adds.

MONKS' MANTRA: SHAOLIN

This discipline is associated with the Shaolin monastery in China combining Zen Buddhism with martial arts. The monks ascribe to the view that the two are complementary to each other with the former helping store *Chi* (energy), and the latter leading to the releasing of *Chi*.

Shaolin master Kanishka Sharma, who imparts training in Shaolin Kung Fu, considered to be the mother of all martial arts, started the country's first Shaolin Temple way back in 2004. Kanishka, who claims to be the first Indian to have trained in the fifth century Shaolin Temple in China, teaches the art in a number of schools and is all set to open a Shaolin Gurukul, the traditional Shaolin school imparting training in Chan, Wu and Yi, in Hrishikesh.

"Shaolin results in longevity of good health. It makes you *young* (sans any disease) and physically strong. The highest level of Shaolin fighting is Xin Yaba, the techniques of which are

closely guarded," says Kanishka, who has trained Shah Rukh Khan, John Abraham, Priyanka Chopra and Arjun Rampal. With training centres at Khan Market, Vasant Kunj, Patparganj and Noida, Kanishka's clients primarily consists of corporates and school girls.

THAI BOXING: MUAY THAI

A tough form of martial art form, Muay Thai is gaining ground in the Capital. Kanishka, who also trains people in the form, says it's a well-grounded, well-gripped technique. Its main form, Muay Boran, he adds, is different from normal kick-boxing in the sense that it uses the elbow and knee. "A lot of women today are going for this form," he adds.

CONTACT COMBAT: KRAV MAGA

Krav Maga (Hebrew for contact combat) is a self-defence and military hand-to-hand combat system developed in Israel. It's a holistic fitness technique which enhances your spontaneous reflexes and natural body movements. With its India headquarters at Saket, International Krav Maga Federation (IKMF) has Vicky Kapoor as its chief instructor and regional director.

Rajnish concludes that training in these relatively new forms is the 'need of the hour' with the crime graph and road rage incidents on the rise.



CINEMATIC COMBAT

Just last year, we caught Priyanka Chopra showing a bit of her Ju Jitsu and Karate skills in *Don*. For her up-coming film *Drona*, the actress is training under an expert for Gatka, a specialised form of fighting from Punjab. Priyanka plays Abhishek Bachchan's bodyguard in the film and has already shot some of her action scenes in Prague.

Akshay Kumar, who hasn't done a full-on action film in seven years, is undergoing training in the martial art form called *Wu Shu* for Ramesh Sippy's *Made in China*. The Ramesh Sippy-Warner Brothers joint production is directed by Nikhil Advani, and stars Akshay as a chef who is mistaken for a martial arts trainer during his stay in China.

Sushmita Sen is headed to China by the end of this year to train herself in several different martial arts for her home production, *Jhansi Ki Rani*.

The film goes on the floor early next year and the actress wants to improve her stamina and command a more flexible body before that. A source from Sen's production company Tantra says, "Sush is going to benefit tremendously from the martial arts training. Apart from a flexible and tough body, it will improve her concentration."

कैसे फ्रेश रहें, बताया ग्रेंडमास्टर ने

अमर उजाला ब्यूरो

नोएडा। नोएडा स्टेडियम में चल रहे मार्शल आर्ट्स प्रशिक्षण शिविर में सोमवार को ग्रेंड मास्टर ने पुलिस कर्मियों को स्वस्थ रहने के लिए नियमित रूप से ध्यान योग करने के लिए प्रोत्साहित किया। तनाव भरी जिंदगी में लोग बीमारियों से घिरते जा रहे हैं। इसके लिए कैंप में ध्यान के बारे में कुछ खास नुस्खे बताए गए। इसके अलावा ग्रेंड मास्टर ने हथियारों को चलाने का प्रशिक्षण भी दिया। छह दिवसीय प्रशिक्षण शिविर के पांचवें दिन मास्टर ने बिना अपने टारगेट को किस तरह से मार गिराना आसान होता है इसकी भी जानकारी दी। बुधवार को मुख्य रूप से निशाने बाजी के गुर सिखाए गए। अलग-अलग दूरी के लिए टारगेट को किस तरह निशाना बनाया जाए, इस बारे में बताया गया।

प्रशिक्षण का कार्यक्रम सुबह आठ बजे से शुरू हुआ। ग्रेंड मास्टर सीटावेंग व कोरियो ग्राफर कनिष्क शर्मा ने पुलिस कर्मियों को शरीर और दिमाग को फ्रेश रखने के नुस्खे बताए। ग्रेंड मास्टर सीटावेंग ने ध्यान योग और बॉडी को संतुलित करने की शिक्षा दी। उन्होंने कुछ ऐसे गुर भी सिखाए, जो पुलिस कर्मियों की दिनचर्या में शामिल हैं और उन्हें फिटनेस देने में कारगर साबित



होंगे। ग्रेंडमास्टर ने पुलिस कर्मियों को बताया कि वह अपराधियों को बिना हथकड़ी के कैसे पकड़ें। बृहस्पतिवार को ग्रेंड मास्टर शूटिंग के बारे में खास नुस्खों के बारे में बताएंगे। प्रशिक्षण

कार्यक्रम में तकरीबन 50 पुलिस कर्मी शामिल थे। बुधवार को समारोह में सीओ प्रथम सहित कई थानाध्यक्ष और दर्जनों की तादाद में कई थानों के पुलिसकर्मी मौजूद थे।

कथा यज्ञ सप्ताह शुरू, कलश यात्रा

नोएडा। श्री बद्री केदार सेवा समिति के तत्वावधान में बुधवार से सेक्टर 11 स्थित नेहरू युवा केंद्र के निकट श्रीमद् भागवत एवं श्रीराम कथा ज्ञान यज्ञ सप्ताह शुरू हो गया। श्रीमद् भागवत कथा आचार्य श्रीराम मूर्ति मिश्र और श्रीराम कथा मर्मज्ञ पं. शिवकुमार शास्त्री ने विधि विधान से पहले दिन कलश पूजा की। सुबह सात बजे बड़ी संख्या में सिर पर कलश रखे महिलाओं ने नेहरू युवा केंद्र से यात्रा शुरू की, जो विभिन्न सेक्टरों से होते हुए अपराह्न लगभग 12 बजे कथा स्थल पर पहुंची। इस अवसर पर श्रीमद् भागवत कथा प्रारंभ करते हुए आचार्य श्रीयुत श्रीराम मूर्ति मिश्र ने कहा कि प्रत्येक मनुष्य के लिए सत्संग बेहद दुर्लभ है। पहले दिन पं. सोहन लाल परसंदी देवी मेमोरियल ट्रस्ट के संरक्षक रेवती शरण शर्मा व शकुंतला देवी ने मुख्य यजमान के रूप में पूजा की। संयोजक ओपी त्रिपाठी ने बताया कि श्रीमद्भागवत कथा सुबह नौ बजे से एक बजे दोपहर तक और श्रीराम कथा शाम चार से आठ बजे रात्रि तक होगी। यह कथा 22 नवंबर तक चलेगी। उधर, सेक्टर-33 स्थित आर्य समाज गुरुकुल में पं. छवि कृष्ण शास्त्री की वेद कथा शुरू हो गई। वे 17 नवंबर तक रात्रि 8 से 9 बजे तक वेद कथा करेंगे। इस मौके पर पं. सुरेश शास्त्री ने भजन प्रस्तुत किए।

विस्तार संभव है। कारोबार में इच्छित प्रगति एवं धन लाभ होगा। शिक्षा क्षेत्र में जुड़े लोग प्रसन्न रहेंगे। अतिथि आगमन से परिवार में हर्ष होगा। धनु-आज, वाद-विवाद में सफलता मिलेगी। आत्मबल बढ़ा-चढ़ा रहेगा। शत्रुओं पर विजय मिलेगी। शंभुस आदि में लाभ होगा। कारोबार में प्रगति एवं आकस्मिक लाभ का योग है। परिवार में प्रसन्नता रहेगी। मकर-आज किसी विश्वासपात्र से धोखा मिलने की आशंका रहेगी। पद-प्रतिष्ठा में कमी आएगी। मित्रों का अल्प सहयोग मिलेगा। कारोबार में प्रगति एवं धन लाभ सामान्य रहेगा। परिवार में कुछ कष्ट रहेगा। यात्रा में परेशानी होगी।

कुंभ-आज स्वास्थ्य में कुछ विकार रहेगा। कठिन श्रमोपरांत प्रयासों में अल्प सफलता मिलेगी। वाहन, मकान आदि में कुछ परेशानी होगी। कारोबार में अल्प प्रगति एवं सामान्य धन लाभ होगा। परिवार में शांति बनी रहेगी।

मीन-आज वैचारिक प्रखरता से बिगड़े संबंधों में सुधार होगा। स्वास्थ्य उत्तम रहेगा। स्वजनों का पूर्ण सहयोग मिलेगा। कारोबार में उत्तम प्रगति एवं प्रचुर धन लाभ होगा। परिवार में सुख बढ़ेगा।



तापमान

| स्थान | अधिकतम | न्यूनतम | आर्द्रता (विशेष नोटिफिकेशन में) % में |
|-----------|--------|---------|------------------------------------------|
| चंडीगढ़ | 30 | 12 | 75 |
| हिसार | 29 | 17 | 65 |
| नई दिल्ली | 29 | 15 | 82 |

परंपरा वही

अमर उजाला
17 नवंबर, 2008

दिल्ली न्यूज

मंगलवार, 4 फरवरी, 2003

डिजाइनर कार

म की तलाश

दंडर दिला देगा, और इसके लिए उसे नामक इस व्यक्ति ने उसे मधुवन आठ बजे के बीच मिलने का समय आटो रिकशा से मधुवन चौक पहुंच गईं। खड़ी देखी जिसमें वह व्यक्ति बैठा और थोड़ी दूर चलने पर एक व्यक्ति से मिल गया। बताया गया कि प्रेम के सीट से उतर कर पीछे महिला के पी कर चलाने लगा। इसी दौरान उसने नोक पर महिला को अपनी हवस का बनाया। इसके बाद उसने कार से की बरे व्यक्ति ने भी उसे हवस का शिकार ला। इसी बीच मीका पाकर महिला ने टेलीफोन कर दिया। यह देख दोनों से धक्का दे दिया।

समय महिला सड़क पर गिरो, इसी कर रहे थे। उन्होंने महिला को उठाने का प्रयास किया। कार तेज गति से के आगे का नंबर एच आर 26 ही नोट

पर पुलिस निबंधन कक्ष की जिप्सी पर गिर घटना की जानकारी दी। बताया गया बाबत प्रशांत विहार थाने की पुलिस ने कर का दो है।

'जा शीला और कान से शिकायत कर दे'

दिल्ली। ऑटोरिक्शा चालकों को मरी मराधिक किराये में वृद्धि के बावजूद चालकों के रकबे में कोई बदलाव नहीं है। सरकार के तयपन दावों को धरने से हुए बिना किराये मीटर के किराया अब आटो रिकशा सवारियों को हो रहे हैं। सवार को भी लोगों ने आटो चालकों से मरीतिक मीटर के मराधिक चलने के बयब्य डाला। लेकिन उन्होंने जाने से ही इनकार कर दिया। इतना ही नहीं मराधिक करने वाले लोगों को आटो

एडीशनल डीसीपी की कार से कुचलकर एक मरा

अमर उजाला ब्यूरो

नई दिल्ली। दिल्ली पुलिस के अतिरिक्त उपायुक्त को कार तेज गति से रेडलाइट पार करते हुए आगे जा रही मोटरसाइकिल पर सवार दो युवकों को रौंद डाला। इनमें से एक की मौत हो गई और दूसरे की हालत नाजुक बनी हुई है।

यह कार पुलिस निबंधन कक्ष के अतिरिक्त उपायुक्त पी. एस. भूषण की है जो दुर्घटना के समय कार में सवार थे। इस सिलसिले में माडल टाउन थाने की पुलिस ने चालक हवलदार सतपाल के खिलाफ लापरवाही से वाहन चलाते हुए जान लेने व चोट पहुंचाने का मामला दर्ज किया है। इस

पर धारा 279 व 304 ए के तहत मामला दर्ज किया गया है।

दुर्घटना सोमवार दोपहर बाद करीब दो बजे माडल टाउन स्थित अल्पना सिनेमा के पास हुई। कांति नगर, शाहदरा के रहने वाले 20 वर्षीय राहुल शर्मा अपने दोस्त अमित वर्मा के साथ शालीमारबाग

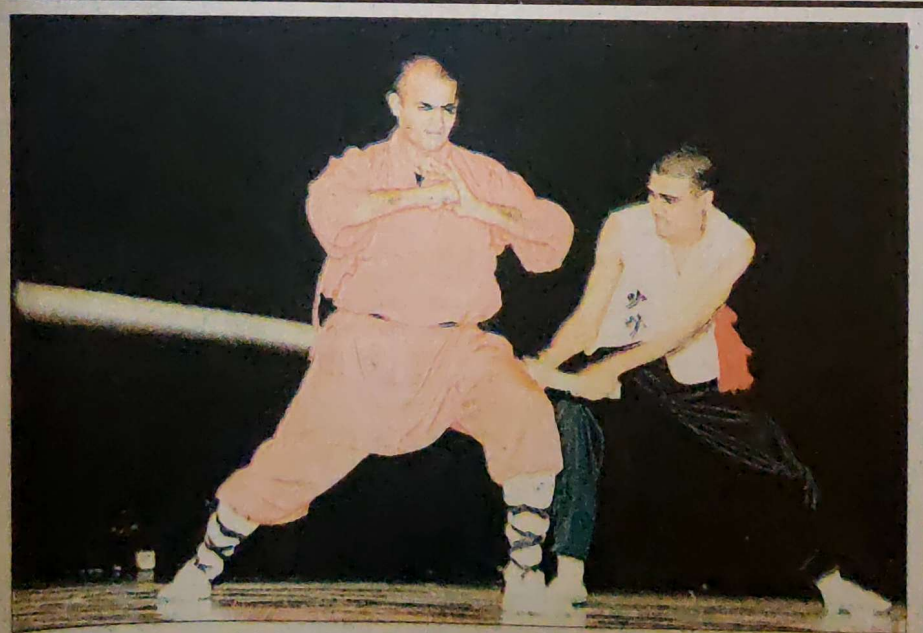
से घर लौट रहे थे। जब वे अल्पना सिनेमा के पास पहुंचे तो पीछे से लाल बत्ती की जम्प करती हुई एम्बेसडर कार नंबर डी एल 1 एफ 6890 ने उनकी मोटरसाइकिल को जबरदस्त टक्कर मारी। टक्कर लगते ही

राहुल तथा पीछे बैठे अमित वर्मा नीचे गिर गए और बुरी तरह घायल हो गए। यह देख कार भी वहीं रुक गई। इसी बीच पीछे से पुलिस निबंधन कक्ष की जिप्सी पर सवार पुलिसकर्मी, भी वहां आ गए। खून से लथपथ व बेहोश पड़े राहुल व अमित को उनके साथी संदीप व वरुण ने मदद से हिंदू राव

अस्पताल पहुंचाया। ये दोनों साथी भी उनके साथ शालीमारबाग गए थे। जहां इन लोगों ने अपनी मोटरसाइकिल का इश्योरेंस कराना

घायल युवक की हालत नाजुक

था। हिंदू राव अस्पताल की सिटी स्कैन मशीन खराब थी जिसकी वजह से राहुल को ट्रोमा सेंटर लाया गया जहां शाम करीब साढ़े पांच उसने दम तोड़ दिया। उसके फिर, हाथ तथा जांघों पर गंभीर चोटें थी। घायल अमित वर्मा के हाथ की हड्डी टूटी है और शरीर के अन्य हिस्से में भी चोटें हैं। इसी बीच दुर्घटना की जानकारी मिलने पर राहुल व अमित के परिजन अस्पताल पहुंच गए। राहुल के पिता स्पेयर आटो का कारोबार करते हैं जबकि अमित वर्मा का बनावटी आभूषण का काम है। दोनों परचमी आजाद नगर के रहने वाले हैं। दुर्घटना के समय उपायुक्त माडल टाउन स्थित अपने कार्यालय जा रहे थे।



आईसीसीआर द्वारा राजधानी में सोमवार को आयोजित एक कार्यक्रम में चीनी मार्शल आर्ट शाओलिन का प्रदर्शन करते कनिष्क शर्मा। फोटो: विभास बनर्जी

मार्शल आर्ट से मन मोह लिया कनिष्क ने

नई दिल्ली। मार्शल आर्ट मात्र शारीरिक व्यायाम ही नहीं है, बल्कि इसका संबंध योग, ध्यान एवं आत्मा से है। हालांकि इसका विकास चीन में हुआ, लेकिन अब इस कला की ओर भारतीय भी आकर्षित हो रहे हैं। यह साबित कर दिया कनिष्क शर्मा ने, जो कि एकमात्र ऐसे भारतीय हैं, जिन्होंने चीन के शाओलिन मठ में जाकर मार्शल आर्ट का प्रशिक्षण लिया है। अपनी इस कला का प्रदर्शन कनिष्क शर्मा ने सोमवार को कप्तानी सभागार में जब किया तो दर्शकों को दक्षिण भारत के केरल की कलारियाप्यात् और चीन के कुंग फू कला के जौहर एक साथ देखने को मिले। दर्शक मंत्र मुग्ध हो गए। कनिष्क ने बाद में अमर उजाला से कहा कि मार्शल आर्ट का संबंध शरीर से कम आत्मा से अधिक है। जैसे भी इस कला का विकास बौद्ध पिण्डों ने किया था। कप्तानी हॉल में विश्व के नौ देशों के कलाकारों ने सोमवार को अपने देश की संस्कृति को मार्शल आर्ट एवं नृत्य के माध्यम से परतुत कर दर्शकों का मन-पोह लिया। पांचवें अपने अंतरराष्ट्रीय समारोह का आयोजन यूनेस्को एवं आईसीसीआर के सहयोग से किया गया। अभिन की अध्यक्ष शंभु सर्वजित सिंह ने बताया कि अमर

परीक्षा देने दूसरे कॉलेज जाना पड़ सकता है

में गत दिनेश्वर माह में एक शिक्षक को स्थिति में उच्च कक्षाओं द्वारा प्राप्त की गयी

slip!), IFW promises a lot more

prospects"). And because my line is exclusively for the international market, I'll have the

garments would be there for the sake of drama. These would include tops with plung-

ants watching my show, there will be a bit of hot-stuff but in small doses," says Singhvi. ■

Jesse Randhawa's nipple-revealing act for Rohit Bal's show at the India Fashion Week created a stir among the audience last year. This year, too, the event promises similar excitement.



An Indian Chamber At The Shaolin Temple

Aasheesh Sharma

KANISHKA SHARMA, 24, is no stranger to martial arts. The manager with Reliance Industries has been practising kung fu, karate and Thai boxing for more than a decade. But the son of late journalist Udayan Sharma has just accomplished a feat that has given him his greatest kick: "I've become the first Secular Disciple of the

Sharma learnt simulated fighting techniques, weapon training with the *Jin* sword and as many as 42 hand-locking methods during his Chinese sojourn

PHOTO: RAJ K. RAJ

Shaolin Temple in the country. This is the first time an Indian has undergone training there since they allowed foreign students a couple of years back," he announces.

In a month-long sojourn to the Mecca of martial arts, Sharma learnt *Sanga* (the Chinese technique for sparring and combat), simulated fighting techniques, weapon training with the *Jin* sword and as many as 42 hand-locking methods. "After my return, I've been involved in *The Synergy of Martial Arts*, a serial being produced by DD Bharati. I am the anchor, researcher, script-writer and presenter of the serial.

Right since school, at Sardar Patel Vidyalaya, where a certain Ajay Jadeja was his senior, the black belt holder has been a sports-lover. "I was captain of the school soccer team. In fact, so keen was I on the beautiful game that I enrolled with the Delhi Soccer Association. But an accident on the soccer field changed the course of my life," recalls the former goalkeeper. He broke his ankle and was bed-ridden for a year. During his recuperation, Sharma realised the critical role martial arts such as Kalaripayattu and Kung Fu could play in enhancing healing.

"I began with training under S. Ram, a master in Kung Fu for about six months. I

followed this with advanced training in Jee Kune Do (the combat form Bruce Lee popularised)," he says.

Sharma underwent an arduous training regime at Shaolin. "It began with a jog up a 1,000-metre high mountain and included sessions on enhancing flexibility, simulated combat, conditioning (hitting a six-foot stone slab with fore-arms, head, knuckles, fingers and knees) and candle-punching. The diet was bland with boiled rice, cabbage and Chinese bread," he says.

But didn't he relish the experience? "Of course, I will go for farther lessons next year," says the man who worships the martial art tradition. ■

semi-finals, but he never got to the final. Look at the kind of grooming Mr India winners like Bikram (winner in 1994)

WALKING LIKE THE WIND

THE ANCIENT CHINESE QI GONG HEALING SYSTEM ENHANCES OVERALL WELL BEING

BY CHITRA RAMASWAMY



Kanishka Sharma
Qi gong exponent

As more and more individuals are becoming victims of stress, the modern bane at the root of a host of illnesses, alternative therapies are fast gaining ground globally. Qi gong, pronounced *chi kung*, is a millennia-old Chinese healing system, which draws upon your inner energy to tone muscles, regulate hormones, boost blood circulation and lift spirits, to set in motion the healing process on all four planes – physical, mental, emotional and spiritual. According to Dr. Zou Wei Jia, a qi gong practitioner who is also a renowned master of kung fu and acupuncture, in addition to being a treatment therapy, qi gong is as much a preventive therapy that rejuvenates, heals and enhances overall well being by strengthening the immune system and building resistance to disease.

Qi gong, meaning 'working with the energy of life', builds energy using a combination of fluid movements, breathing exercises and visualisation

to regulate the internal functions of the body. Healing with qi gong is based on the premise that disease arises when a person's vital body energy is either stagnant or imbalanced. Therefore, exercises that promote and balance the qi will restore health and harmony by a therapeutic process that requires no medication. The nucleus of qi gong is the exercise of yi, which is consciousness, and qi, which is the vital energy.

Dr. Jia explains that there are three ways in which healing through qi gong may be brought about. The first is through self-practice. Secondly through external qi gong whereby there is emission of qi by a master to



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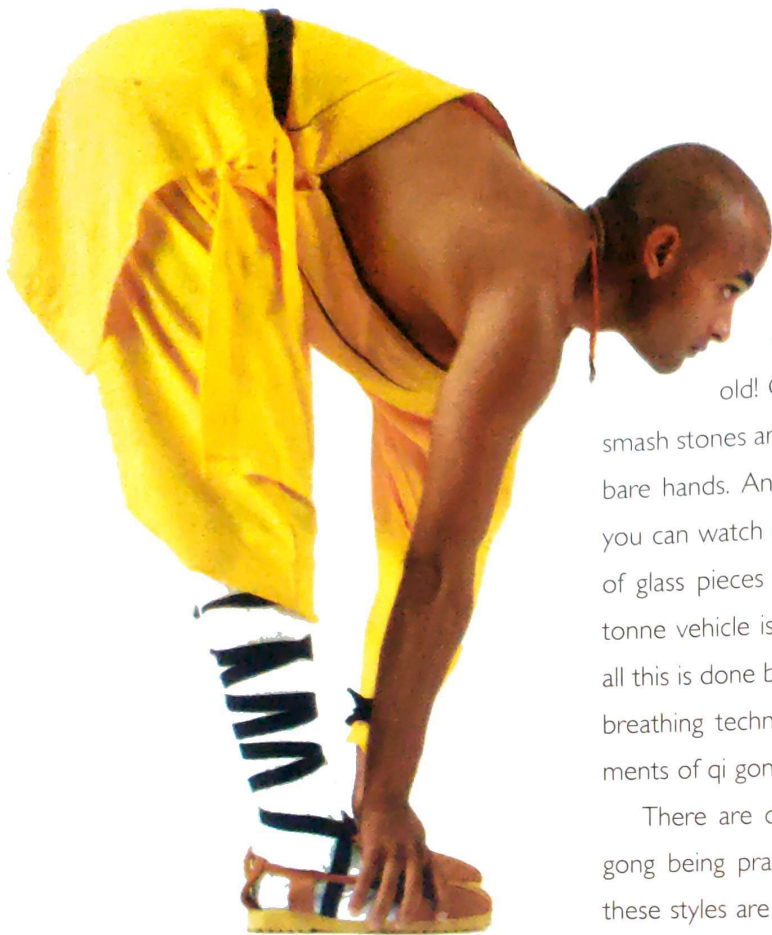
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the patient in whom the *qi* is in a state of imbalance. And finally, by a combination of self-healing and healing through a master.

One great value of qi gong is that it helps the body remove blocks and increases the flow of energy throughout the system. When it flows freely and evenly, *qi* energy helps the body heal and restore itself naturally, efficiently, and consistently.

According to Dr Jia, the movements of qi gong, through the regulation of the three postures – walking, sitting and laying down – harvests energy and stimulates its flow through the body, thereby enhancing energy and flexibility levels. No wonder then that Dr. Jia, a well-built, short and

stocky individual, manages to wriggle himself into the clothes of a one-year-old! Or for that matter, can smash stones and metal planks with his bare hands. And if that's not enough, you can watch Dr. Jia lying on a sheet of glass pieces and nails while a four tonne vehicle is driven over him! And all this is done by merely practising the breathing techniques and fluid movements of qi gong.

There are over 3,000 styles of qi gong being practiced today. Many of these styles are adaptations of ancient practices. However qi gong beginners learn to 'walk like the wind' and stand in a variety of ways. There are various standing postures associated with qi gong, all of which deliver weight to the ground through the feet. Standing positions are accompanied by a host of hand positions, both of which are meant to exercise the skeletal muscles and induce *qi* to descend quickly, which helps strengthen the body constitution. Similarly, sitting positions include sitting cross-legged, sitting on a chair – but sitting to maintain the body in a stable state – 'sitting like a block'. The sitting postures are believed to relax the individual and bring him to a state of quiet so as to enhance the body's ability to collect or activate the vital energy. The lying position of qi

QI GONG - A FLASHBACK

The history of Chinese qi gong can be roughly divided into four periods. We know little about the first period, which is considered to have started when the *Yi Jing* (Book of Changes) was introduced sometime before 1122 BC, and to have extended until the Han dynasty (206 BC) when Buddhism and its meditation methods were imported from India. This infusion brought qi gong practice into the second period, the religious qi gong era. This period lasted until the Liang dynasty (502-557 AD), when it was discovered that qi gong could be used for martial purposes. This was the beginning of the third period, that of martial qi gong. Many different martial qi gong styles were created based on the theories and principles of Buddhist and Taoist qi gong. This period lasted until the overthrow of the Qing dynasty in 1911. From then on, Chinese qi gong training was mixed with qi gong practices from India, Japan, and many other countries.

gong, likewise, is meant to set the body in a state of calm, restraining the mind and encouraging inner quiet besides regulating the function of the central nervous system.

The realms of treatment with qi gong are wide, meant to boost brain activity, heal, build muscle strength and endurance and help shape the spirit. Therapy with qi gong, according to Dr. Jia, increases vascular circulation, improves coordination and tones and stretches muscles. It is highly effective in treating chronic pain and disorders of the digestive, respiratory, nervous and cardiovascular systems. The range of illnesses amenable to treatment with qi gong include sciatica, rheumatism, arthritis, chronic sprains, quadriplegia, tetraplegia, asthma, chronic gastritis, impotency, diabetes, hypertension and insomnia.

A sound complement to the Western system of medicine, qi gong ensures its practitioners a speedy recovery, fewer side effects and reduced drug regimen when they are on allopathic treatment. "The therapeutic effects of qi gong cannot be exaggerated but it is true that it is also very effective for various addictions," reveals Dr. Jia. Additionally, the exercises help people to adapt quickly to changing weather conditions.

While qi gong exercises can be done by anyone regardless of age, precautions should be taken, especially in the case of beginners – recognised teachers and professionals in the art should initiate them into the system. Dr. Jia states, "Ideally you can start a child of four or five years on to qi gong exercises. Learning is much easier at this tender age because the grasping power is very good at this age."

Are there any categories of people in whom therapy with qi gong is contra-indicated? Dr. Jia recommends that a vigorous form of the therapy should not be practiced by pregnant women – they should instead keep to light forms of qi gong exercises. Also, qi gong exercises increase circulation and may suppress appetite in some people. So these exercises should be avoided by menstruating women and those who suffer from any kind of bleeding disorders as well as anorexia.

Qi gong exercises are generally recommended to be practised between 5 – 20 minutes a day to begin with and then going up to between 45 minutes to an hour per day. This can be done with breaks of a couple of minutes in between a change in posture. Also, qi gong exercises should be two hours before or after a meal.

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My Big Idea

'Martialing' his resources

Martial arts isn't usually a paying proposition in India. At best, it's a hobby and most 'masters' charge a measly Rs 300-500 per student in classes that are often conducted in neighbourhood parks. But Kanishka Sharma, 26, is different. In fact, as the first and only Indian to train at the world-famous Shaolin Temple in China, he is unique. But what makes him perhaps more so is the fact that Sharma has turned his so-called 'hobby' into a paying enterprise. One certainly more profitable than the career he gave up in marketing management. When Sharma quit his job with Reliance in 2001 to pursue martial arts full time, it was an unconventional decision. Today, with several TV shows, a successful teaching academy, training sessions at schools and with corporates under his belt, there's no doubting that Sharma made the right choice. Sharma's dream project, a grand Shaolin Temple school, the first such branch of the original in India, is all set to kick off later this year.

AS A child, I was an introvert and was very shy, and quiet. I used to watch a lot of Bruce Lee films and was hugely interested in martial arts. My father thought it would be a good idea to enroll me in a karate class so that I would gain in confidence. I joined master Murrugan's classes in Chanakyapuri in 1987 and he was a great teacher, already a Fifth Dan (fifth grandmaster level after the Black Belt). I learnt from him for three years and then from several other teachers. Apart from karate, I learnt various other martial art forms such as Chinese kick-boxing, kungfu, and even the south Indian martial art, Kallaripatayatu. These gradually changed my personality and I became much more confident. When I was about 10, my father had presented me with a cassette of the film *36 Chambers of Shaolin*. I used to keep watching this. From that time onwards, my dream was to train at Shaolin and eventually become a master myself.

I did my MBA in 1999-2000 from Holland, where I was a gold medallist. I then came back to India and joined Reliance. But my heart was not in my job and I

wasn't giving it my 100 per cent. Every evening by 5 o'clock, I would want to run home to practise and exercise. I soon decided that I would never fit in and would never make a success of my job. Around the same time, I saw a programme on National Geographic Channel about Shaolin and the greatest living Master Shiheng Jun. I made up my mind to go to



Sharma: kicking off a profit

China and train under him so I asked my boss for three months leave. He refused. I will always be thankful to Anil Ambani, whom I approached and who intervened.

The course was going to be very tough. In China students train for as much as 48 hours a week as opposed to just three in India. My father had passed away but my mother, Neelima stood by me despite the emotional and financial crunch she was going through. Shaolin was an expensive investment. I had some savings and my mother gave me the rest. Putting together just about Rs 1 lakh necessary for the training, I left for China for the first time for two months in 2001.

There has been no looking back since then. I have done various TV programmes for channels like DD Bharti, Star Plus and now National Geographic where I have co-anchored with Akshay Kumar teaching him Shaolin kungfu and Nuay Thai. I am also going to be directing and anchoring a new programme called *The Way of Warriors* for a new, soon to come-up channel. I take classes at home as well as at various schools like Vasant Valley. I also train corporates in de-stressing techniques and have been called in by companies like BHEL, Seagrams and Coca Cola. Recently, I started a martial arts institute in Androva Ganj, Delhi, called the Shaolin Academy, which is doing quite well. But my biggest dream will be fulfilled soon. In October this year, I hope to launch a Shaolin Temple branch in Delhi. This will be like the monastery with the same ambience and at least one monk from Shaolin Temple always present throughout the year. My teachers are coming down from China. This will be a first of its kind project in India. My dream will finally come true. •

As told to ANOOTH VISUAL



Kick yourself into fitness and a better body

5 of my craziest exercises

Scale fitness with these Shaolin moves from **Kanishka Sharma**

Master Kanishka Sharma is a trained warrior from the famed Shaolin Temple in China, and the first Indian to achieve that feat. He trains relentlessly and outlines his most unusual exercises—and cheats for you.

1 Super skipping
This is just like the regular skipping the rope exercise, except for the fact that I do the skipping for 30 minutes non-stop, without a break. It gets really challenging after 10 minutes.
Your cheat Try skipping for about five minutes. Remember to pull your abs in and keep your head straight as you jump the rope.

2 The hour-long Mabu
This is the Shaolin static horse-riding position, which is somewhat like a squat. I do this for one hour, which is quite difficult.
Your cheat Get in the position for a squat, and do the move slowly for about five minutes, then rest. Ensure that your knees don't buckle.

3 Shaolin circuit
This workout includes on-the-spot sprinting (with knees up to the waist level 120 times), followed with 40 pushups, 50 squats, 20 jumps in the air (knees touching the chest) and 60 knee raises—all non-stop. This is one set, and I do three sets without rest.
Your cheat Do the sprint 10 times, 10 pushups, 10 squats, five jumps and 10 knee raises. This is one set. Do three sets, with one minute of rest between sets.

4 Static pushup
I get into the pushup and hold that position—on my knuckles—for six minutes.
I follow this with three rounds of frog jumps.
Your cheat Do this move for 30 seconds.

5 Kicking up
I do kungfu kicks on a pad non-stop for 30 minutes. The idea is to ensure that the kicking leg is perpendicular to the floor.
Your cheat Try to kick a board about the level of your waist, then your head and so on.

6 ways to save the planet and stay fit longer

Make some small tweaks and save the earth (and also your body and mind)

1 Exercise (or just stretch) in the morning

You'll eliminate the extra shower after a midday or evening workout, saving water and time. Plus, air-pollution levels are lowest in the early morning, so you'll fill your lungs with oxygen.

2 Use a shampoo and conditioner combo

If even 1 per cent of men skipped the separate conditioner, a great deal of plastic would be saved. The shorter shower also helps your skin retain more moisture.

3 Dispose of those disposable razors

This buys you a scraped face and a hunk of metal and plastic that can't be recycled. Better: Refillable razors. Best: Safety razors, because you get a great shave and recyclable blades.

4 Buy fair-trade coffee (and other such products)

Or any other coffee that is brewed from beans grown on sustainable farms. These farms protect the Brazilian rainforest—where there are still medicinal plants awaiting discovery for our benefit.

5 Drink beer from bottles

It takes about twice as much energy to make an aluminium can as it does to produce a glass bottle of equal size. And no matter what kinds of cans they develop, bottled beer always tastes better.

6 Use Google maps, or satellite navigation

Know where you're going and you'll save on fuel and frustration. And take a few more turns. Idling produces 20 times more pollution.

7 adrenaline-boosting workouts



1 Five-kilometre challenge
Boost your strength and endurance with this fast paced workout from Craig Ballantyne, CSCS. How it works Crank out as many pushups as you can. Then, resting a minute between exercises, do one set each of chinups and dips, completing your maximum number of repetitions for each exercise. Now go for a 5km run. Record the number of reps you were able to perform and your run time. Retest yourself each month.



2 Hoops fat blaster
Sculpt your body on the court, with these added moves.
1 Sit at one baseline and hold a basketball in front of your chest. Stand up and sit down without letting your arms, hands or the ball touch the floor. Repeat 10 times, then sprint to the other baseline.
2 Assume a pushup position, but with one hand on the ball. Perform a pushup, then roll the ball to the other hand and repeat. That's one rep. Aim for 10, and then sprint back to the other baseline.
3 Hold the top of a pushup on the ball for one minute. Rest 30 seconds. Repeat the entire sequence four to six times.



3 Muscle express
Use your bicycle as a barbell to build your upper body.
How it works Pedal hard for two minutes in a high gear. Then hop off the bike, flip it and grab it by the frame. From this position, you can train your back, arms and shoulders, using the bike as resistance. For example, perform 10 reps of single-arm bent-over rows, arm curls or front raises. Then ride for another two minutes. Continue this pattern of lifting and riding until you've completed each exercise three to five times.



4 High-speed rope circuit
Alternate between jumping rope and doing strength exercises to build a leaner body.
1 Skip rope for 20 seconds.
2 Do eight walking lunges forward, then turn around and lunge back.
3 Skip rope for 20 seconds.
4 Do as many pushups as you can (to failure).

5 Skip rope for 20 seconds.
6 Do pullups to failure.
That's one round. Complete four to six rounds, adding 10 seconds to rope skipping each round.



5 Rock-hard abs
This three-day-a-week plan is fast yet brutal, says trainer Juan Carlos Santana, CSCS.

Lie face-up on the floor with your arms and legs straight in an X. Lift your arms and legs eight inches off the floor, toes pointed out. This is the starting position.
1 With your right arm, reach up toward the ceiling, then lower to the starting position. Repeat with your left arm. Do five reps.
2 Raise your left leg above your hip and reach toward the ceiling with your foot, then lower back down. Repeat the move with your right leg. Do five reps.
3 Do 1 and 2 simultaneously with opposite limbs. Perform five reps.



6 High-power muscle
Add air to classic body-weight exercises for an athletic challenge, says Fanyaz Khan, a Hyderabad-based personal trainer.
Alternate between two movements—such as squats and pushups—but try to make them explosive by pushing yourself up with enough force so your feet and hands leave the floor on squats and pushups, respectively. Do 10 repetitions of each move and rest 10 seconds between the moves. Then do nine repetitions of each exercise and rest for about 10 seconds. Continue with this pattern till you come down to one rep. Then, repeat the entire sequence up to five times.



7 Leaner in 5
Perform this lower-body strength workout before you run. Transition from one exercise to the next without resting.
1 Do 24 body-weight squats.
2 Perform 24 body-weight lunges, alternating legs.
3 Complete 24 jump lunges, alternating legs as you lunge.
4 Do 24 jump squats.
5 Hold the plank for two minutes. Rest for five minutes before running sprints.

5 OF MY CRAZIEST EXERCISES: WORDS: VIKAS PANEER; PHOTOGRAPHY: RAJESH SANKH; 6 WAYS TO SAVE THE PLANET: WORDS: THOMAS KOSTIGER; 7 ADRENALINE-BOOSTING WORKOUTS: ILLUSTRATIONS: OWEN PHILLIPS



तब कनिष्क सिर्फ 12 साल का था, जब उसने '36 चेंबर ऑफ शाउलिन' देखी। मार्शल आर्ट पर आधारित इस फिल्म ने उसकी जिंदगी को एक लक्ष्य दे दिया- चीन के शाउलिन टेंपल में जाकर मार्शल आर्ट सीखना। यह इतना आसान नहीं था लेकिन उसके पत्रकार पिता उदयन शर्मा कहा करते थे, काम वही करो, जो तुम्हें अच्छा लगता है। पिता की इस बात को ध्यान में रखकर कनिष्क मार्शल आर्ट सीखने लगा। साथ ही कनिष्क ने अपनी पढ़ाई भी जारी रखी। हॉलैंड स्थित मैट्रिक्स स्कूल ऑफ मैनेजमेंट से एमबीए करने के बाद उसने चीन जाकर

'शाओलिन कुंग फू' सीखने का निश्चय किया। वह चीन गया जहां उसकी मुलाकात 'शू हडच्युन' से हुई, जो पांचवीं शताब्दी में एक भारतीय बौद्ध भिक्षु 'बा दुओ' द्वारा स्थापित शाओलिन टेंपल में भिक्षु हैं और 'कुंग फू' की शिक्षा देते हैं। उन्होंने कनिष्क को

देखा, परखा और कुंग फू सिखाने के लिए राजी हो गए। यह सहमति कनिष्क के लिए उपलब्धि सरीखी थी। इसके दो कारण थे। पहली बात कि शाओलिन में यह कला सीखने का सौभाग्य किसी-किसी को ही मिलता है। दूसरी बात यह कि वह ऐसा पहला भारतीय बन गया था, जो शाओलिन में रह कर 'कुंग फू' सीख रहा था। 'कुंग' का मतलब होता है 'एनर्जी' और 'फू' का मतलब होता है 'टाइम' यानी सही समय के साथ अपनी एनर्जी का इस्तेमाल। अगर कोई व्यक्ति सही टाइमिंग के साथ अपनी एनर्जी का इस्तेमाल करे, तो वह जिंदगी के हर क्षेत्र में सफल हो सकता है। इस तरह 'कुंग फू' एक मार्शल आर्ट ही नहीं, जीवन जीने की एक कला भी है। 'कुंग फू' सीखने के लिए मेंटल पॉवर, विल पॉवर, कंसंट्रेशन और रोज कम से कम 6 घंटे की कठिन प्रैक्टिस की जरूरत होती है। जो लोग जूनूनी होते हैं, वे पसीना बहाने से कभी पीछे नहीं हटते। कनिष्क को 'शाउलिंग कुंग फू' सीखने में ज्यादा वक्त नहीं लगा। कुंग फू की शिक्षा पूरी होने के बाद कनिष्क भारत लौट आया। कनिष्क का बस एक ही पेशन है, शाउलिन कुंग फू

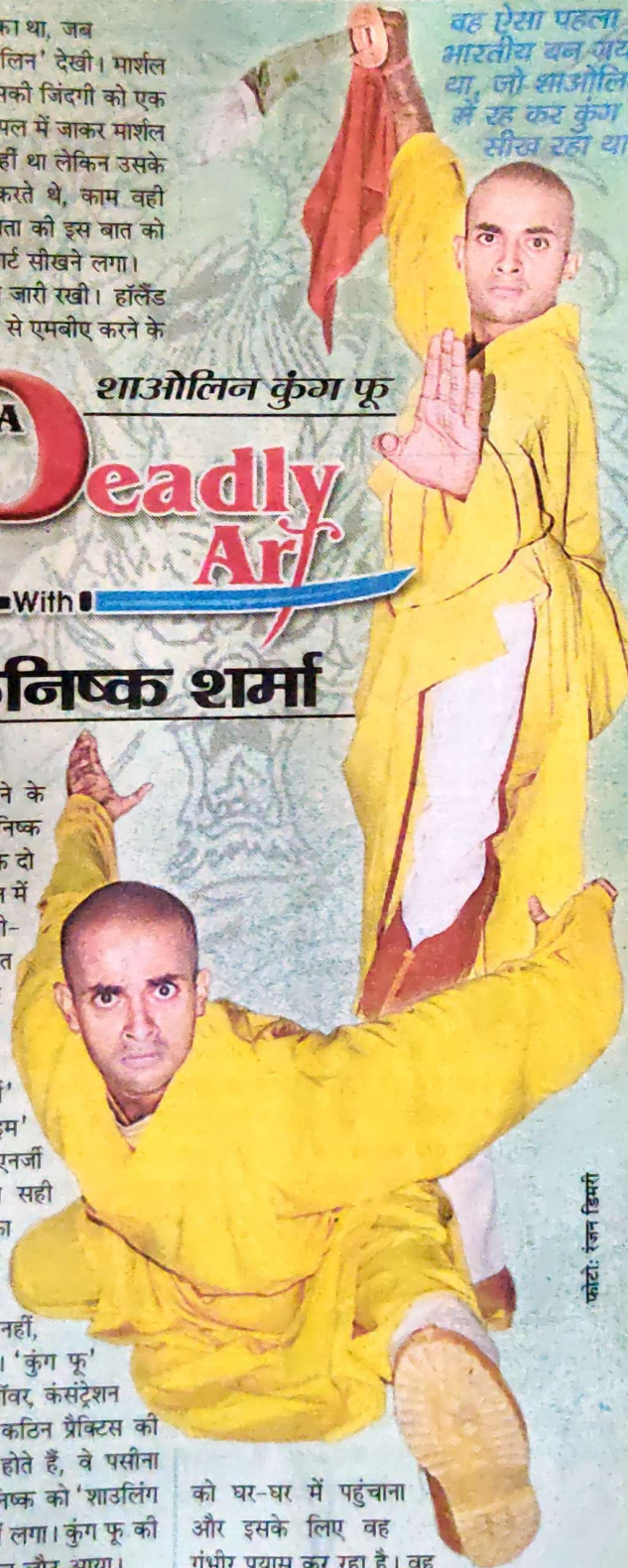
वह ऐसा पहला भारतीय बन गया था, जो शाओलिन में रह कर कुंग फू सीख रहा था।

शाओलिन कुंग फू

Deadly Art

With

कनिष्क शर्मा



फोटो: रविन डिमरी

को घर-घर में पहुंचाना और इसके लिए वह गंभीर प्रयास कर रहा है। वह कई स्कूलों में कुंग फू की ट्रेनिंग तो दे ही रहा है,

अनेक बहुराष्ट्रीय कंपनियों के अधिकारियों और मॉडलों को स्ट्रेस रिलीज करना भी सिखाता है। नेशनल ज्याग्रफिकल चैनल के एक कार्यक्रम '7 डेडली आर्ट विद अक्षय कुमार' में वह अक्षय कुमार को शाओलिन कुंग फू और मोएथाई की कला सिखाते नजर आया। इसके साथ ही वह दिल्ली दूरदर्शन, स्टार प्लस पर भी अपने कार्यक्रम प्रस्तुत कर चुका है। उसने एक मूवी भी साइन की है। यह ब्रूसली स्टाइल की एक ऐक्शन मूवी है। उसका डीएम प्रोजेक्ट है, गुडगांव में भारत का पहला शाओलिन टेंपल स्थापित करना, जो जल्दी ही पूरा होने जा रहा है। यहां पर वह लोगों को 'कुंग फू' की शिक्षा देगा। इसके अलावा वह नए कुंग फू इंस्ट्रक्टर भी तैयार कर रहा है। वर्षों पहले हमारे किसी पुरखे द्वारा शाओलिन तक पहुंची मार्शल आर्ट की यह कला अगर एक बार फिर अपनी जमीन पर वापस लौट रही है, तो इसका पूरा श्रेय कनिष्क को दिया जा सकता है। **केलन कनिष्क!**
पता: जी सेक्टर -27 नोएडा (201301)
E-mail: kanishka0003@yahoo.com

ब्रज

Quiz

1. 'जंबो' नाम से पुकारे जाने वाले इस भारतीय गेंदबाज ने कपिल देव के सर्वाधिक टेस्ट विकेट लेने का रेकॉर्ड तोड़ दिया?
(ए) हरभजन सिंह (बी) अनिल कुंबले (सी) जहीर खान
2. विश्व जूनियर शतरंज चैंपियनशिप का खिताब किसने जीता है?
(ए) पी. हरिकृष्ण (बी) कोनेरू हंपी (सी) ज्योति रंधावा
3. बंगबंधु क्रिकेट स्टेडियम कहाँ है?
(ए) श्रीलंका (बी) भारत (सी) बांग्ला देश
4. शीशमहल ट्राफी का संबंध किस खेल से है?
(ए) हॉकी (बी) क्रिकेट (सी) फुटबॉल
5. हॉकी में सबसे ज्यादा गोल दागने का रेकॉर्ड किस खिलाड़ी के नाम है?
(ए) सुहैल अब्बास (बी) धनराज पिल्लई (सी) दिलीप टर्की



Fads That Fit

Photograph by AMIT KUMAR

German who wanted to help cure his own asthma. Uribe, who came all the way from Colombia for the workshop, trained a group of 30 fitness instructors who've now returned to their daily lives and are incorporating Pilates movements and techniques in their regular programmes.

Or, look at Rashid Ansari in Delhi, an expert in Chinese martial arts who teaches a range of tongue-twisting exercises like *Sil Lum Chuan Fa*, *Tai Ji Quan*, *Wing Chun*, *Hung Gar*, *Ta Sheng Men*, *Tong Long Chuan* and *Qi Quong*. Says Ansari: "Even though Chinese martial arts are the most sophisticated combat system, the exercises are meditative, help in de-stressing and also offer health remedies. They can cure a number of illnesses such as TB, asthma and even psychosomatic disorders."

How do exercises like Pilates or *Ba Duan Jin* differ from, say, yoga or aerobics? That's tough to answer if you haven't tried it yourself. *Ba Duan Jin* which translates roughly as Golden Treasure Brocade, is a meditative exercise breathing routine and it has some superficial similarities to yoga. There are exercises like "Hold the sky with both hands" which aims

Professional trainers are bringing exotic new exercise forms from across the globe to help you at 'loadshedding', says Anuradha Kapoor

Kanishka Sharma might have stepped straight off the sets of a Bruce Lee movie. He's dressed in a blood red outfit with leggings and he's leading a motley group of school children and housewives through an exercise routine that looks like a cross between yoga and *ju-jitsu*.

Sharma's a qualified instructor from the world-famous Shaolin Temple in China and he's teaching his pupils a Chinese meditative exercise called *Ba Duan Jin*. Says Sharma: "It is exercising along with meditation. A process of coordinating body, mind and spirit."

Once upon a time people touched their toes or went for a brisk morning walk if they needed exercise. The more ambitious started the day with Canadian Air Force exercises that were guaranteed to keep you in good shape. The

world has come a long way since those simple days. These days exercising is a multi-million dollar industry with better growth rates than the biceps it develops. Celebrities and sundry Page Three people hire their own personal trainers to take them through the complexities of aerobics or weight-training.

That's not all. As the world becomes the global village, people are looking across the world for newer ways to stay in tip-top condition. How far will people travel to learn a new exercise form? A few months ago Reebok held a one-day workshop in Mumbai conducted by Colombian instructor Juanita Uribe who's an expert in Pilates, an exercise form created by a

"Ba Duan Jin is exercising along with meditation. For the mind, body and spirit"

Kanishka Sharma, martial arts expert

KUNG-FU FOR YOU

Kanishka Sharma can boast of having worked with the likes of John Abraham and Shah Rukh Khan. The Delhi-based Kanishka is a Shaolin kung-fu expert, who has trained under **Shifu Shi Yanzi**, a monk who has spent 15 years in a famous temple in China, learning the martial art form made famous by innumerable Hollywood movies, legend and myth.

And that's why, Shifu's story is more absorbing than Kanishka's. "I stayed outside the temple for two years, learning kung-fu, or wushu, at one of the schools around it. But I learnt fast, and moved up three levels in three months. Then, in a fight, I beat a monk who had 5-8 years more training than I had, won the medal and became something of a legend," Shifu narrates. "After two years, my master, Shi Yong Xing, the abbot of the temple, accepted me and took me in. I spent 15 years there."

Shifu was recently in Delhi, where Kanishka had got him after years of persuasion. "Shifu is my master's older brother, so he's my grandmaster. I have tried for years to get him

It's moving meditation – much harder than meditating in one place. Learning this improves your willpower, increases confidence, lets you control and focus your mind. People don't understand this."

And it is underscored in his disciple's smile. Kanishka narrates how he has done the action for *Don* (the new one) and *Goal*, and also a bit part in the latter movie. "I'm a normal guy – I go out to discs, party with friends – but I'm also trained in Shaolin kung-fu. I did an MBA from Holland and worked for a year, but then I gave it all up for this," he says.

CHANDNA
ARORA

Kung fu is actually a moving meditation, says Shifu Shi Yanzi, a monk who has spent 15 years learning the art

Shifu Shi Yanzi (right) and Kanishka (left) in a kung fu pose

to come down here," says Kanishka, with a proud smile. "I have been in London for many years, and this is my third visit to India," Shifu adds. "I want to visit Buddhist landmarks, since Buddhism originated from here, and enrich my knowledge."

But if he is a monk, and Buddhism preaches peace, isn't it contradictory to train in a martial art? "No," is Shifu's emphatic reply. "The art of fighting is not fighting.



Hot on the 'heals' of ha



Photo: Anish Kumar

In today's India, where fitness is fashionably associated with pumping iron at the gym and where Judo and Karate are words often spoken in the same breath, Kung Fu has remained an obscure 'filmy' martial art. But Kanishka Sharma, the first Indian to train in this powerful, healing martial-art at the Shaolin Temple, China, is all set to change that. Not only does he teach the art but has rendered his services for films like *Don* and the soon to be released *Goal*. For now, bona-fide secular disciples like Sharma who are authorised to teach in India are rare. Though not awe-inspiring in stature, the diminutive, young master radiates energy and self-belief - the least of the art's benefits apparently...

Rahul Chaudhary

Hello! How are you doing? Good? Good! Here's just what you need to make it better then. A ready reckoner of options to pick from, to help you whip your 'self', both body and soul, into shape. Most of us have grown up hearing 'health is wealth'. Now could that be the reason for the 'spent' populace around us? We don't know. But what we know, and want you to know, is that it is not too late to reclaim the peace and happiness that rests in good health. *TSI* presents some healing arts and their master practitioners to inspire you on your way towards a better, fitter and happier you.

| | |
|---------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Master | Kanishka Sharma |
| Art | Shaolin Kung Fu |
| Lineage | Legend has it that Bodhidharma (<i>also known as Da Mo</i>) a South Indian monk traveled to China where he introduced the art of Chán (<i>Zen</i>). Thereafter, the Shaolin monks took the art to another level. Kanishka is the first Indian to practice Kung Fu under 35th generation Shaolin warrior monk Shi Yan Zi. |
| Characteristics | The fusion of Kung Fu with the Buddhist way of Chán (<i>Zen</i>) has resulted in a holistic art form that is focused towards coordination of the mind, body and the spirit. |
| Benefits | "Kung Fu helps one to become mentally tough, boosts longevity, and builds moral character", opines Sharma. "Of course, it develops exceptional combat techniques", he says. |
| Challenges | Eight hours of training everyday, six days a week is what you must be ready for if you want to win a master's heart so that he can pour down his knowledge of traditional Shaolin Kung Fu to you. |
| Criticism | None really. However, Shaolin Kung Fu is like a Tibetan <i>Sutra</i> of Buddhism... It takes a lifetime to study all the nuances of Shaolin Kung Fu. |
| Ideal for those looking for | If you don't want the pumped-up look, yet are looking to build strength Kung Fu is just for you. A very good stress buster, Kung Fu builds flexibility, coordination, speed and stamina, and is suitable for people of all age groups, be it children, women or even the not so young as well. |
| Famous practitioners of the art | From Bruce Lee to Jet Li, the art has made a star out of many a Kung Fu master (<i>not necessarily Shaolin</i>). Some famous Shaolin Kung Fu practitioners are Bjork and Wesley Snipes. |
| In the Master's words | "Shaolin KungFu is called the big daddy of all martial arts. In fact, all martial arts are said to have been born under the Shaolin sky. It is a perfect combination of hard and soft..." "Work hard, believe in God and live your life with confidence. Kung Fu helps you do that." |
| Website | http://www.kanishkasharma.com/ |

| | |
|------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Master(s) | George Thomas and Rashid Ansari |
| Art | Tai Chi Chuan - Rashid Ansari of the Yang, Chen and Wu style Tai Chi. George Thomas' Academy teaches Yang style Tai Chi. |
| Lineage | A near mythical master, Zhang Sanfeng is credited with the foundation of Tai Chi. He is said to have been a Taoist priest who eventually achieved immortality. George Thomas is a student of Fu She, the fifth generation Yang style Grandmaster. |
| Characteristics | The movements are inspired by the natural flow of nature. Tai Chi's dance-like movements are relaxing and it shows how to meet force with softness and without redirecting the attack... |
| Benefits | Credited with promoting health and longevity, Tai Chi is great for blood circulation, arthritis, diabetes, heart disease and other problems. |
| Challenges | A student requires dollops of patience. A person lacking power will soon find himself out of sync with the master Tai Chi. A person lacking will power will soon find himself out of sync with the master Tai Chi. |
| Criticism | The gentle patterns take years to master and the subtle nuances of Tai Chi and martial art take years to understand. |
| Ideal for those looking for | An exercise that allows one to let go of stress, soothes aches and pains aside from promoting health and purifying the internal organs. |
| In the Master's words | "Tai Chi is a soft form martial art that aims to balance the mind and the body. It can be best described as a form of meditation," George Thomas. "Tai Chi is a bit like an investment. Initially, you don't know why you do it... but soon you'll get a feeling that you'll feel the benefits," Rashid Ansari. |
| How does it compare with other forms of martial arts | "Tai Chi's very comprehensive and the most effective of combat styles," George Thomas. "Tai Chi is a bit like an investment. Initially, you don't know why you do it... but soon you'll get a feeling that you'll feel the benefits," Rashid Ansari. |
| Website | Master George Thomas - www.emyindia.com and Rashid Ansari - reached at themobustrip@gmail.com |

Hot on the 'he



Photo: Dushyant Singh

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MARTIAL ARTS: Just For Kicks

Self-defence techniques can be fun. Ask Kanishka Sharma, the first Indian to train at the Shaolin Temple.

Mohinu Hauzel

WHEN YOU'VE mastered six forms of martial arts, life is a series of sacrifices. "It's a warrior's life," announces martial arts expert Kanishka Sharma.

At 26, Sharma shuns friends, avoids partying and effortlessly slips into an arduous fitness regime that begins at 5 a.m.

The only Indian to be trained at the Shaolin Temple in China, it was Sharma's dream to be trained by a Shaolin master. "When I went to the Shaolin Temple, I was so overwhelmed that I cried," recalls the black belt holder, who trained Bollywood action star Akshay Kumar for two of episodes of *Seven Deadly Arts* on National Geographic.

Sharma's journey into the world of martial arts began with karate. "After three years of learning, my teacher left for England. That's when I began looking for a new teacher." Subsequently he learnt Chinese boxing and Kung Fu. "Simultaneously, I took lessons in Kalarippayatu."

It was much later that Shar-

ma went to the Shaolin Temple in China to learn the nuances of other martial arts. Initially his teacher turned him down. "He threw me out with my bag," he says. Not one to be deterred, Sharma toughened himself by exercise. "I would spend long hours meditating. I would hit a six-foot stone slab with my fore-arms till I bled," he says.

Sharma says learning intricacies of martial arts transformed his personality. "I wasn't confident at all. In fact, I could not even interact with people easily," he says. All that to a thing of then doing day in, nows and TV. Propagating the martial arts, the Sardar Patel Vidyalaya alumnus talks of new ways to popularise his martial arts institute.

And what is the biggest secret of the Shaolin master's success? "Sheer will power," he says. Now, nobody can dispute that. ■

Kanishka Sharma, a black belt three-star degree master, trained action star Akshay Kumar for two episodes of a TV series on martial arts

The Chamber Of Shaolin Secrets

KANISHKA SHARMA has mastered Shaolin Kung Fu, Muay Thai, Jeetkunedo, Kung Fu Toa, Shotokan Karate and Kalarippayatu. He was the first Indian to train at the Shaolin Temple Secular Disciples Union under Monk Master Shi Heng Jun. Sharma underwent an arduous training regime at Shaolin. "It began with a jog up a 1,000-metre high mountain and included sessions on enhancing flexibility, simulated combat, conditioning (hitting a six-

feet stone slab with fore-arms, head, knuckles, fingers and knees) and candle-punching. Here's a peek into his diet plan.

Breakfast: White eggs, a glass of milk and sprouts

Lunch: Two rotis and plenty of green vegetables mixed with chicken or mutton pieces

Dinner: Plenty of fruits, curd and green vegetables

NEWSMAKERS

THE ASIAN AGE NEW DELHI 16 MAY 2004

INDIA TO LEARN SHAO LIN KUNG FU SECRETS

By KOUNTREYA SINHA

New Delhi: The present abbot of China's most renowned Shaolin Temple — Shi Yong Xin, has decided to open up the mysterious world of Shaolin's warrior monks and spread their well protected secret Shaolin kung fu style all over the world. Interestingly, the first official branch of Shaolin Temple's secular discipline union is being started in India by present master and the 35th generation warrior monk Shi Heng Jun from October 2004.

The school will be headed by Kanishka Sharma — India's only martial arts expert to have been trained at Shaolin Temple. Jun is himself coming to India in October to announce

Shaolin's first training school outside China.

Kanishka, who is presently a teacher in Shaolin, will be accompanied by two warrior monk masters from Shaolin, who will be stationed in India permanently to impart their knowledge.

A plan of Shaolin temple's exact replica has also been prepared by Kanishka, construction of which will start as soon as funds and land are available.

In an exclusive interview to *The Asian Age*, Kanishka, who has been trained by Shi Heng Jun himself and is a master of different martial art forms including Thai kick-boxing, Bruce Lee's lit-the known style *Jeet Kune Do* or the art of intercepting fists, Jeekunedo, Kung fu Toa, Shotokan Karate and Kallariipayatu said "The

present abbot, who is a Chinese government appointee, has made it very easy for people to learn kung-fu from warrior monks of Shaolin themselves.

The two great masters of Shaolin — Shi Heng Jun who is head of the secular disciple union and Shi De Yang who is head of the martial monk reserve team have been asked to open two schools within 100 metres of the Shaolin temple to impart kung fu education to people who are being charged \$1200 per month. This decision was taken to both raise funds for Shaolin temple and also popularise the art form. Till some time back, tourists could go right into the meditation room of the monks." Kanishka, who also stars with Akshay Kumar in

THE BREAKING STORY



National Geographic Channel's martial arts series called *Seven Deadly Arts* added: "Since it is so expensive, it is next to impossible for Indians to learn the kung-fu art in Shaolin.

That's why we are starting the Shaolin training centre in India where the original syllabus of Shaolin warrior monks including their 20 different forms of kung fu styles, 40 different types of hand locks, 18 weapon fights, study of 108 vital parts of the body will be taught. We are also looking for financial help to construct the exact replica of Shaolin temple. It will cost nearly Rs 1.5 crores.

People enrolling for our course will have to undergo 5 years of rigorous training, dedicating seven hours everyday to practising the

art."

Remembering his days at Shaolin, Kanishka said, "When I first went to Shaolin to plead for admission in 2001, I was made to pass tests for over 8 hours. My master asked me to run up a 1200 metre mountain within 20 minutes which takes a minimum of two hours for a normal person to do it and then crawl down the mountain on my elbows and knees. I was also asked to sit in a painful position for one hour. Once I was accepted, I was taught endurance training. I was asked to continuously hit a 5.5 feet stone pillar for 30 minutes with my bare hands, head, feet and thighs. I was made to keep concrete pots on my thighs. I was given weapon training with bamboo sticks, nine

section whip chains, spears broad and thin swords. There are three levels in Shaolin. When one joins he is a student, then a disciple then an instructor and finally a master."

The first Shaolin temple was built in 495 AD, in Honan at the base of Song mountain. During the Tang dynasty (618-906 AD), civil war broke out. Fearing an attack by warring factions, the monks took Ta Mo's exercises and blended them with local self defence techniques, creating what was known as the Lo Han style. From that point on, the monks at Shaolin dedicated themselves to fighting arts and were quickly recognised for their superior skills. It was said that a single Shaolin monk was equal to 1000 soldiers.

chi OF GOOD HEALTH

TRAINING FOR MARTIAL ARTS

INVOLVES THE BALANCING

OF ENERGIES WITHIN THE

BODY, AND CULTIVATION OF

THE NO-MIND STATE IN

ACTION. BASED ON SIMILAR

PRINCIPLES AS MEDITATION,

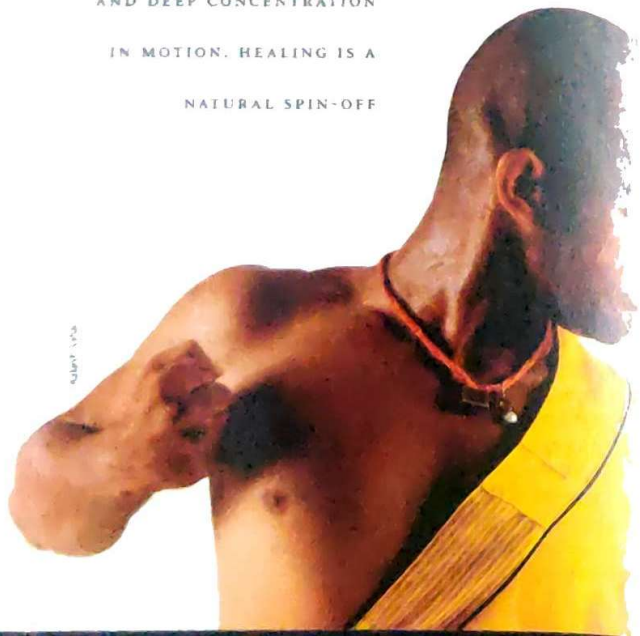
MARTIAL ARTS EVOKE

NATURAL GRACE, FLUIDITY

AND DEEP CONCENTRATION

IN MOTION. HEALING IS A

NATURAL SPIN-OFF



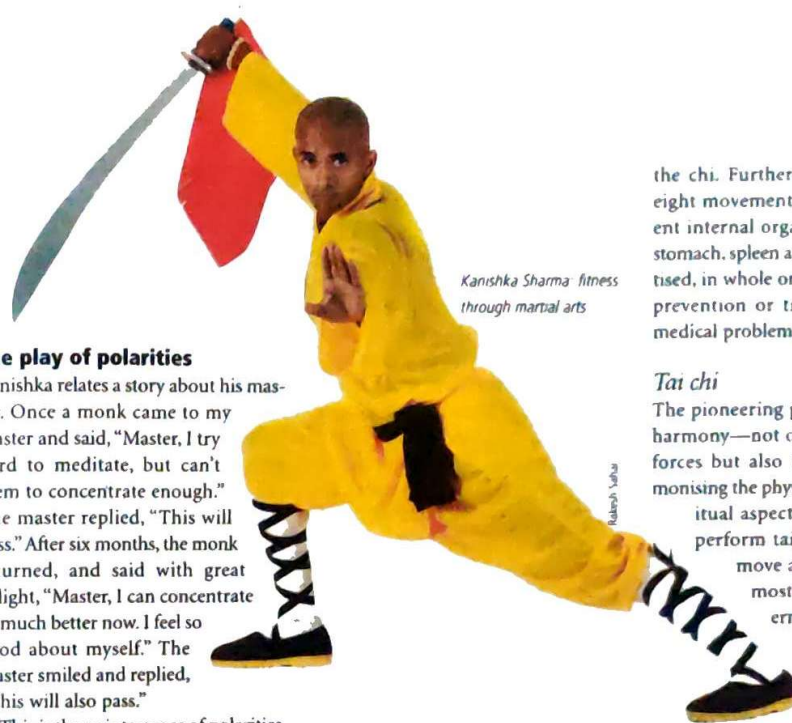
by Roohi Saluja

Listen to the pulse of a vibrant flower, a chirping bird, the churning ocean, a tempestuous storm, or the breathing human being—and you can heed the unanimous cry—"I am alive!" To be alive is to be animated by the Supreme Force—the vital energy, the prana, or what the Chinese call the 'chi' or 'qi', that infuses life in the entire cosmos. A living being is filled with it. The dead has none. And till the time you breathe life, the chi not only needs to be expanded and cultivated, but also its flow and toxicity ought to be regulated. This is the cornerstone of traditional Chinese medicine and martial arts.

In his book *Qigong For Healing*, Dr Choo Cheng Ngiap explains the chi

as, "the life force that governs growth and health... It circulates in the body in a closed circuit running from organ to organ in a definite network of channels, which are placed in the connective tissues called fascia (located in the vicinity of the main blood vessels and nerves). In a recent scientific study, the qi was found to be composed of infrared radiations... Qi is the leader of blood. Where qi goes, blood is always let to flow. If the flow of the qi is stagnant, blood circulation will be obstructed, and the person will fall sick."

Kanishka Sharma, martial arts exponent who claims to be the first Indian to have trained in the fifth century Shaolin Temple in China, says, "Martial arts helps to boost your chi, which further enhances your body immunity, and consequently you feel more relaxed, renewed and healthy." He continues, "Just like the almost static poses in yoga, and the brisk body movements in modern-day exercises, martial arts are a combination of both slow and movement, regulated by the flow of the breath. And then, the chi body toning, increased concentration, longevity, and enhancing the healing power is tremendous."



Kanishka Sharma fitness through martial arts

Roohi Saluja

The play of polarities

Kanishka relates a story about his master. Once a monk came to my master and said, "Master, I try hard to meditate, but can't seem to concentrate enough." The master replied, "This will pass." After six months, the monk returned, and said with great delight, "Master, I can concentrate so much better now. I feel so good about myself." The master smiled and replied, "This will also pass."

This is the quintessence of polarities. And so the process continues—always asking, checking, verifying, and being unattached, aware, arriving—watching for the rocks on the road.

Martial art is then not just a part of life, but a way of life. Practise, practise, and practise, till it becomes your second nature, is the first and the last command for a martial artist.

Martial arts combine yin and yang, night and day, hard and soft, combat and healing. According to Chinese medicine, the yin and the yang are the reciprocal states of cyclic changes in the cosmos, whose interaction is relative, not absolute. That is, they counteract each other and seek to strike the most stable balance.

Dr Ngiap attributes their healing potential to the ionised chi. Like the positive and negative charges of electricity, the chi has both yin and yang phases. When this polarity is disturbed or its force is weakened, the chi stagnates and causes sickness. Initial imbalance can cause fever, digestive disorders, headache, high blood pressure, etc. If this discrepancy is not checked in time, it can lead to further degeneration, even death.

Healing power

Cultivating the chi is not a one-time technique, but an ongoing practice, which the Chinese harnessed through various martial art forms like kung fu, tai chi, qigong, etc. Here's a sneak peek into the healing science of two of the most popular Chinese martial art techniques.

Qigong

The qigong system was devised by the Chinese centuries ago, and is till date practised to cultivate the chi, and thus achieve physical well-being and vitality. Kanishka points out, "Qi means 'chi' and 'gong' implies 'a set of exercises'. The qigong is an integral part of kung fu. There are two types of qigong—hard and soft. The former enables you to perform physically impossible feats like breaking iron rods, withstanding tremendous blows without injury and other exploits. The wild goose and ba duan jin (or the Eight Golden Treasure Brocade) are softer versions of qigong. Based on traditional Chinese medicine, the latter is a set of eight movements that strengthen the bones and muscles, regulate respiration and circulation of

the chi. Furthermore, each of these eight movements is related to different internal organs such as the liver, stomach, spleen and heart may be practised, in whole or part, to focus on the prevention or treatment of specific medical problems."

Tai chi

The pioneering principle of tai chi is harmony—not only with the natural forces but also within oneself, harmonising the physical, mental and spiritual aspects of life. In order to perform tai chi, the body must move as a unit, contrasting most basically with modern-day callisthenics.

Kiran Sawhney, a fitness trainer, who also practises the yin-yang style of tai chi, elucidates,

"While performing tai chi, you work internally. As you concentrate on a graceful set of choreographed moves, the mind fixes its gaze inwards, regulated by the flow of the breath. Drifting slowly and gradually with your body, the mind gets calmer, and the spirit, centred. The focus all this while, is on maintaining an erect posture, proper alignment and deep relaxation." According to Kiran, its health benefits include curing arthritis, spondylitis, Parkinson's disease, cervical, carpal tunnel syndrome (a compression of the body's peripheral nerves), etc.

The area just below the navel—'tan tien' in Chinese and 'hara' in Japanese—is called the 'sea of chi.' Kanishka explains, "Where the mind flows, the chi flows." As the body and breath flow gracefully and neatly regulated, so does the mind, clearing itself of energy blocks that normally lock us into fixed emotional and psychological patterns.

Working with your body is to listen to your body. Going slowly through the body movements is like undergoing an internal scan to clear and release any

King of kung-fu

The only Indian student of China's famed Shaolin Temple and Akshay Kumar's trainer in National Geographic's Seven Deadly Arts, 26-year-old Kanishka gears up to launch his own Shaolin School...



Just for kicks...

As a child, I was completely introverted. I wouldn't talk to anyone, preferring to watch Bruce Lee films. My father thought enrolling me in a karate class would help me gain confidence. In 1987, he made me join a class run by his friend, Master Murrugan. He was a great teacher, already a Fifth Dan (grandmaster level, after Black Belt). After training for three years, I took up Chinese kickboxing. Around this time, my father presented me with a tape of *36 Chambers of Shaolin*. I was hooked, watching the movie over and over again; in fact, I still watch it once a week. It was then that I decided to train at the Shaolin Temple and eventually become a master myself. Apart from karate and kickboxing, I learnt kung-fu and the south Indian martial art, Kallaripayattu. My personality gradually changed and I became more confident. I learnt from various teachers but even when I didn't have one, I would practise religiously. My father used to be quite amused, saying, "Jab dekho hu-ha karta hai!"

Career capers

In India, martial arts is not a respected profession; an average teacher charges a monthly Rs 300 per student. So, for my career, I selected management and did my MBA in 1999-2000 in Holland, where I was a gold medalist. On returning to India, I joined Reliance but soon discovered that my heart was not in my job. Every evening, I would want to run back home to train. I knew I would never fit in. Around then, I saw a documentary on National Geographic about Shaolin Temple and its greatest living master, Shiheng Jun. And I made up my mind to go to China and train under him. I asked my boss for leave. He refused. I will always be thankful to Anil Ambani, who intervened.

Shaolin!

The first time I saw Shaolin, I cried. I was just 23 and had realised my dream. The next day I cried again... in pain! The training was tough; I couldn't walk for a week. The monks and students trained for an average of 49 hours a week as

"The first time I saw Shaolin, I cried. I was 23 and had realised my dream. The next day I cried again... in pain! The training was tough; I couldn't walk for a week"

against just three here in India. Imagine the difference! I went for two months the first time and return every year to train further.

Beyond adversity

My father died just before I could go to Shaolin. Without my mother, I wouldn't have made it. Despite her financial and emotional turmoil, she encouraged me to go. The course was expensive. I had some savings from Reliance; with her help, I managed to scrape together Rs 1 lakh.

Discipline, discipline, discipline...

My day begins at 4:30 am with a glass of lemon juice and honey in warm water. I practise for two hours and have breakfast before 8 am. After lunch at 10:30 am, I go about various assignments and meetings, train again in the evening and sleep early. Sometimes, with my students, I go for a cross-country run of 14 km in 50 minutes. If I have a shoot, I workout non-stop for six hours. That requires tremendous stamina. I need to lead a very disciplined life. I don't drink or smoke. I have never felt tempted to indulge. Once, as a child, I wanted to smoke so my mother made me inhale a cigarette. It was so horrible that I have never been tempted again!

Tough task

Back from Shaolin, I started teaching. It was tough in the beginning. I am short, just about 5' 6", so people who came after hearing of me, guys from the army and so on would take one look at me and say, disbelieving, "You are Kanishka?" I have had to prove myself, even physically.

Success on my own terms

Now things are falling in place. I recently started a training academy and now I get invited by



Shaolin kung-fu, any takers?

Course: Limited seats in basic/higher courses for foreign students, monthly fee around \$1,000 (Rs 46,500), including boarding and lodging; cheaper schools outside Shaolin village charge about \$600 (Rs 27,900) per month. Shaolin remains the most authentic. **Term:** Only short-term courses of up to three months, because of visa hassles.

Curriculum: Trains mind, body and spirit; 49 hours a week; a typical day includes a flexibility drill, rigorous workouts, weapons training (swords, spears, chains, sticks, other traditional weapons), endurance training (hitting a wall or stone pillar with the back and arms), Chinese kickboxing, hand-locking and meditation; training depends on level already reached.

Upgradation: At least two months every year for further training, costs about Rs 1 lakh for a month, including travel, fee and extras.

schools and corporates to teach them de-stress techniques because above all martial arts is about peace. I have done several TV programmes. The National Geographic people saw me on a programme for DD Bharti and approached me for *Seven Deadly Arts*. I am also doing *The Way of Warriors* for an upcoming channel.

Dreaming big

In October 2004, I plan to open my school, Shaolin Temple, a branch of the original, the first ever in India! It will be like a monastery, a replica of the original. That will be the real culmination of my dream!

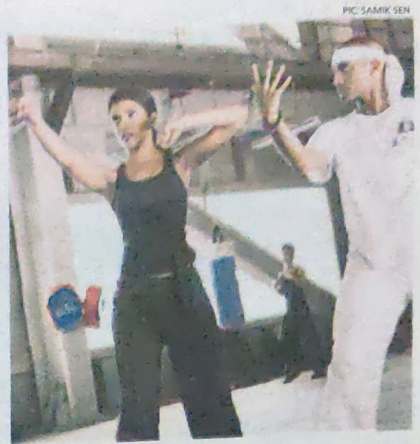
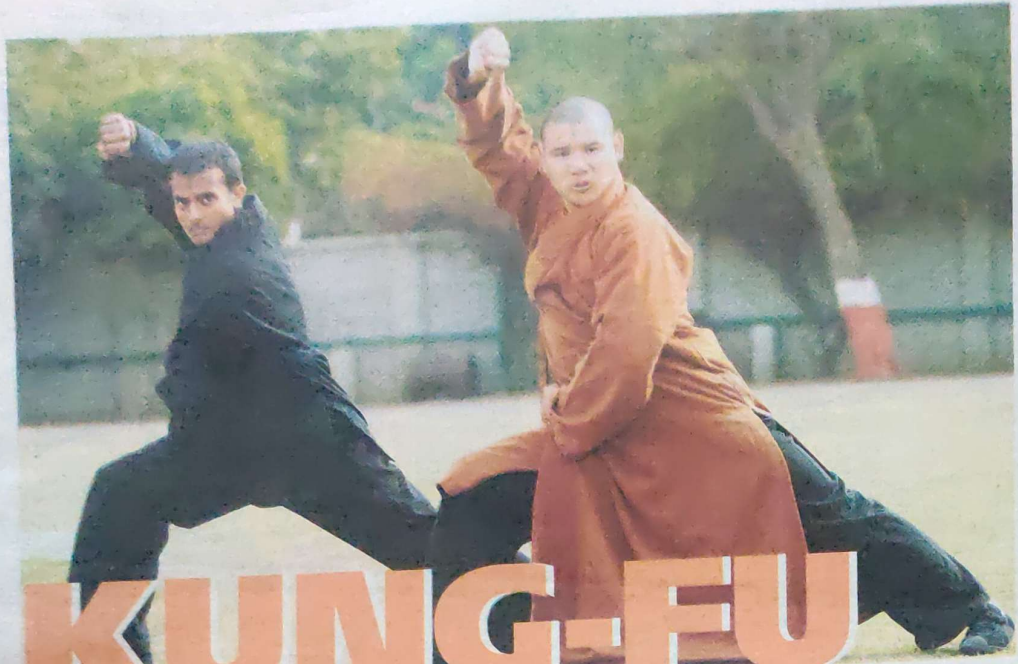
AS TOLD TO ANU AHUJA

WRITE AND WIN

Have you or any of your friends gone abroad to study or work? Share an interesting experience with us - which totally caught you by surprise or one that landed you in a tight spot. It may win you an exciting prize.

See page 59

DELHI DOSE



KUNG-FU CALLING

MOVE OVER SRK AND JOHN ABRAHAM, DELHI WILL SOON BOAST OF ITS OWN KUNG-FU WARRIORS

SHWETA JAIN

King Khan's acrobatic stunts in *Don* are now being emulated by Priyanka Chopra for the action-packed sequel *Don II*. Be it *Khildadi* Akshay Kumar or hunk John Abraham, it's the versatility of the ancient martial art of Shaolin Chan Kung Fu which is responsible for their cinematic agility. Delhi-based master Kanishka Sharma imparted lessons to the stars and now the 1,500-year-old martial art from China's renowned Shaolin temple looks set to woo the Capital. Sharma along with Grand-Master Shifu Shi Yanzi from London are due to open a Buddhist Culture Centre in the city.



Top: Shifu Shi Yanzi and Kanishka Sharma; top right: Kanishka with Priyanka Chopra and (above) with John Abraham

A product of Sardar Patel School, 29-year-old Sharma is the only Indian to have visited the Shaolin Temple, China to learn the Shaolin Chan (Zen), Wu (martial arts) and yi (medicine) under his master Shi Heng Jun. Having carved a space in Bollywood, the martial arts expert has trained Akshay Kumar, Shah Rukh Khan, John Abraham, Arshad Warsi and Priyanka Chopra.

"I trained SRK for *Don* and worked with John and Arshad for *Goal*. Presently, I have another film with Shah Rukh Khan, besides a Hollywood project, which I can't name right now," says Sharma.

He claims that the techniques of Shaolin can also cure the ailments related to one's heart, spleen, spine and liver. "There are some internal breathing techniques by performing which one can also cure something like cancer, cervical problems or sciatica," he adds. Sharma is also contemplating a

gong, breathing techniques, besides traditional Chan martial arts. "Initially, I wasn't admitted into the temple as I didn't qualify according to their rules. But I was hell bent on joining so as to learn this ancient art form. I spent two good years learning other forms of Kung fu," Yanzi recalls. "It's a form of 'moving meditation'. It helps one in controlling one's body, attaining mental peace, become more confident and heal the body," he says about Shaolin Chan.

movie project together with his master Yanzi. 40-something Yanzi is also in Delhi to chalk out plans to initiate a Buddhist Centre with a capacity of 1,000 students and aims to resume the Ch'an Buddhist culture and philosophy to India, "as the roots of Buddhism lie embedded in India."

"I'm also here to learn more about Buddhism. I've visited Rishikesh as we're planning to open a centre there. I feel this country and its people are inspiring and interesting," he says.

Shifu Shi Yanzi is one of the 34th generation of fighting monks at the Shaolin Temple, China where he joined at the age of 17. After 15 years studying and training to become a monk under his master, he mastered the healing arts of meditation, qi

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Shaolin warrior:
Kanishka
Sharma

Kanishka's
disciple
Priyanka
Chopra (L)

Indian warrior

Shaolin warrior Kanishka Sharma is all set for Hollywood

Monicca Adlakha

It is not every day that a gold medalist management student from Holland gives up his big-buck career for his passion — to become a Shaolin warrior. But when he did this, Noida-based Kanishka Sharma hit jackpot. In the past few years, he has trained the likes of Shah Rukh Khan, Priyanka Chopra, John Abraham, Akshay Kumar, Arjun Rampal and Arshad Warsi.

Now, Kanishka is all set to explore Western shores with *The Killing Moon*. From the makers of *Crouching Tiger, Hidden Dragon*, this film is a journey of a martial artist. Confirming the news, Kanishka says, "I'll join them as the martial arts designer and will also play the part of *Simha* in the film."

He had earlier done a cameo in the John Abraham-starrer *Goal* and had trained the cast of Farhan Akhtar's *Don* in the martial arts nuances.

Kanishka laments that Bollywood has utilised only a little of the Shaolin karate and taekwondo arts. He has taught kung fu and muay thai [a form of kickboxing] to Akshay Kumar but says, "Right now, the action in Indian films is sloppy. They heavily depend on the rope work once used in Chinese films, but it's outdated now. Bruce Lee or Jackie Chan's movies did so well because they did the stunts themselves and knew the art. It's not quick fix."

It was the film *The 36th Chamber of Shaolin* that inspired him to learn the art. "I saw the movie several times, only to realise that this is where I belong. The journey hasn't been easy, but I'm glad it paid off," says Kanishka, quite proud that he is the first Indian to be trained at the famed Shaolin Temple of China. His ambition now is to train Delhi women in self-defence. Yes Kanishka, we gals really need that.

monika.udlakha@hindustantimes.com

Fighting all odds



Anamika Chatterjee

It's not everyday that you see a gold medalist MBA putting everything at stake to learn Kung Fu. But Delhi boy Kanishka Sharma did so. "It was a better choice, much better than being a glorified clerk in the job that I was pursuing," says the 29-year-old.

The only Indian so far to be trained at the Shaolin temple, Sharma has trained the likes of Akshay Kumar, John Abraham, Arshad Warsi, and Arjun Rampal. Not just that, he will soon be seen alongside John Abraham and Arshad Warsi in *Goal*.

Recalling one of the most memorable sequences in the film, Sharma says, "I remember doing a scene where I had to jump seven-feet high to give a reverse kick to the ball so that it enters the goalpost. It was one of the most

I TRAINED SHAH RUKH KHAN FOR A MONTH FOR *DON*. HE USED TO CALL ME TO HIS HOUSE

thrilling moments in the film." He has also designed the action for *Goal*.

Of course, Sharma's brush with Bollywood has proved to be quite successful so far as he recalls his experience with Shah Rukh Khan while filming *Don*, "I trained him for a month. He used to call me to his house."

But why do people learn Kung Fu? It is used to make you better in what you do, feels Sharma. Kanishka recalls training Naveen Jindal, MP, at his residence. "I was trying to give him training in Shaolin exercises and he was quite enthusiastic about it." And what's next for him? "I want to set up a Kung Fu temple in Rishikesh. The institution will have a wing where cops will be taught Kung Fu."

BREAK

F

WITH

HAIR PROBLEMS

MIGRAINE

TONSILLITIS

CERVICAL SPONDYLOSIS

FROZEN SHOULDER

BREATHING PROBLEMS

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Half-breakfast, half-lunch, the traditional English meal is attaining cult status

Goodies Galore

Winter pastimes, weekend trips, movies, shopping and leisure options served on a platter

THE KARATE KID

Noida lad Kanishka Sharma is the only Indian trained at the famed Shaolin Temple of China. Always behind the scenes, he is the mastermind behind the stunts of 'Don' Shah Rukh Khan, 'footballer' John Abraham and 'karate chopper' Priyanka Chopra

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COVER STORY

Who is Kanishka Sharma? No ordinary mortal, this Noida lad is the only Indian to have undergone a full-scale martial arts course from the famed Shaolin Temple in China.

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EXECUTIVE
DIGEST



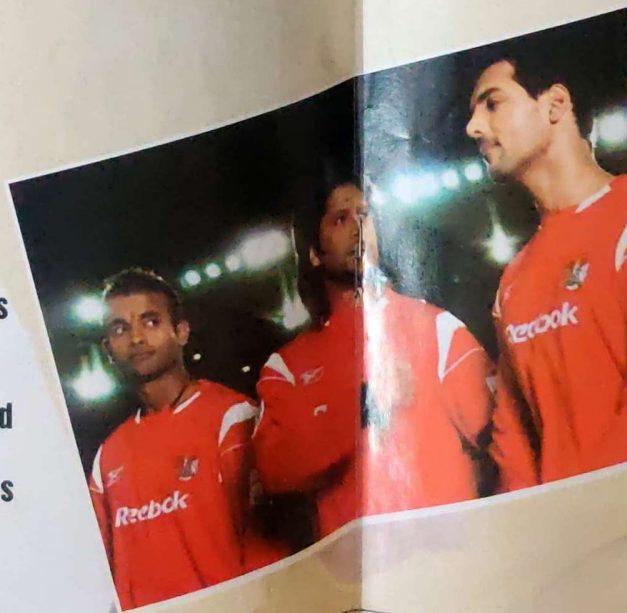
The city will soon have an online blood bank, possibly the only one in the country.

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LOUNGE

It's that time of the year that parents dread most: the time when their children start going to school. We take a look at what going back to school is all about. Plus: Profile of a cartoonist.

THE KARATE KID

Patience and perseverance. Two virtues that most of us do not possess together. But Noida lad Kanishka Sharma has oodles of both. He is the only trained Indian from the Shaolin Temple of China — the Bruce Lee kind — and a management graduate from Maastricht to boot. **Preeti Verma Lal** had heard about Shaolin masters but after she met the young Kanishka on an afternoon in December, she came away with the belief that Shaolin does not only hurt but heals too



It is 2 pm. I am in a café waiting for Kanishka Sharma. I look at the granite round table on which sits my coffee and get worried about it. Both the coffee and the table. What if Kanishka rests his elbow on the table and what if it crumbles! No, I was not tipsy with caffeine. I had heard about Kanishka, the only Indian trained at the Shaolin Temple in China. You know the Bruce Lee kinds who break iron swords on their bare heads, the ones who can shatter glass with their fist, the blokes who beat up 10 guys in a breath ... If Kanishka could do all this ... I was now even worried about my hand, what if he shakes it and my fragile bones get crushed! Over the phone he had mentioned he would not be in his *effu* (Chinese robes) so that I could recognise him, run a mile away and holler

» Likes and loves

Colours:

Black, white, yellow

Movie:

36 Chambers of Shaolin

Actor:

Bruce Lee, Jackie Chan

Female actor:

Tai Carrera

Song:

Everybody Loves Kung Fu

Food:

Chinese

Book:

Encyclopedia of Shaolin

Pastime:

Trekking, Bungee Jumping

my questions from a distance ...

Minutes tick away anxiously. And then he walks up to my table. Lean, large eyes, cropped hair ... He shakes my hand, no bone creaked; he puts his elbow on the table, it did not crumble ... I breathe easy. My worry vanished ... And then he tells me Shaolin stories, of his love for martial arts, his stint in Bollywood and his dream of setting up a Shaolin temple.

The beginnings began artlessly when a loving father gifts his eight-year old, the movie *36th Chambers of Shaolin*, often called the blueprint of all Kung Fu films. The eight year old is so mesmerised, so inspired that even before the credits rolled, he walks up to his journalist father and proclaims, "I want to be a Shaolin master." The father smiles; he is the fifth generation journalist but he does not interfere with the Shaolin dreams of his little son.

"You decided your career at eight? Isn't it too early to make such choices?" I ask. "I saw the film and I decided. That is it," says this Leo who is credited as the martial arts designer in the film *Goal* and *The Killing Moon* and as Fight Choreog-



THIS ... (Left) Kanishka with Arshad Warsi and John Abraham on the sets of *Goal* and, (above) Kanishka takes time off to pose with Arshad Warsi and a star from the movie

«Cover story»



Kanishka trains Priyanka Chopra

rapher in *Don*. But much before the glare of the arc lights, the eight year old had hit a disappointment. He wanted to be trained as a Shaolin but there were no Shaolin teachers in India. He was too young and learning Shaolin in China is expensive — roughly Rs 1 lakh a month. He knew this art could not be completed in a jiffy like any other under grad degree that ends in a flourish with black graduation gowns and the ritual of throwing those square, silk, tassel caps in the air. It takes years of rigorous training to be a master. And nobody from India had stepped into the Shaolin Temple as a disciple. But that large-eyed eight year old was resolute. He walked that alley soon.

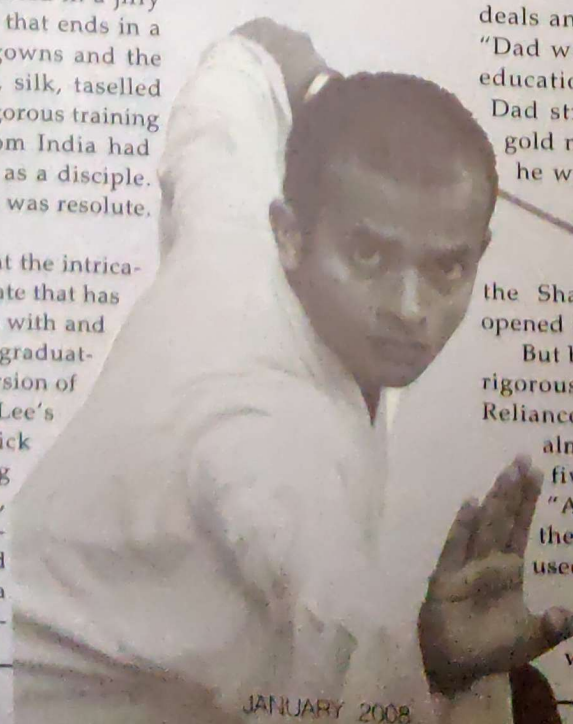
For four years, Kanishka learnt the intricacies of Okinawa Te, a form of karate that has many choreographed movements with and without weapons. From there he graduated to Kung Fu Toa, an Iranian version of Kung fu, Jeet Kune do (Bruce Lee's style) and Mnay Thai (Thai kick boxing). In between breaking bricks and catching his breath, Kanishka finished his under graduation from Ramjas College and also spruced his resume with a management degree from Hol-

land.

I am intrigued by the MBA, it seems such an anomaly in all the chatter about martial arts, Bruce Lee, Jackie Chan, chi-gong ... Was the avowed Bruce Lee fan ready to barter the *effu* for a pin-striped suit? Was he ready to compromise the mind over matter mantra for billion dollar deals and the soaring lines on a balance sheet? "Dad wanted it. He said I needed to have that education." Plus there was that tempting bait.

Dad struck a deal — if Kanishka could get a gold medal at the Maastricht Business School, he would sponsor the Shaolin expenses that added to a sack full. Kanishka won the deal. He got a gold medal and dad paid for that much awaited entry to the Shaolin Temple that had never before opened its hallowed portals to an Indian. Never.

But before Kanishka packed his *effu* to lead a rigorous life inside the temple, he worked with Reliance Industries, shored some money and almost ended in a lock-up after he thrashed five guys who rammed their car into his. "All five were in a serious condition and the cops could not believe that I had not used a weapon. I had beaten them with bare hands ..." says Kanishka who specialises in Dian-Xue (death-touch), an art where you hit one of the 13 specific



» All that you can learn from Kanishka

Short term:
3-months' programme: Shaolin Jiben gong, wu bu Chuan and lng shou gun
6-months' programme: 3 months plus Lian Huan Chuan and Small Xiao Hong Chuan Regular course
First year: Shaolin Jiben gong, wu bu chuan, Lian huan Chuan, Xiao hong chuan and Shaolin Jitti Gunn
Second year: Lohan Shiba shou, wu xing bafa chuan, Jitti Chuan, Rumen Chuan, shaolin Broad sword (Dao)
Third year: Tongbi Chuan, Da hong chuan, Tiger form,

Jitti kanjia Chuan, Guiden Chuan, shaolin 9 section whip chain Advance practitioners People who want to study advance Shaolin van learn Shaolin Arhat boxing (lohan chuan), Shaolin Qixing chuan (7-star kungfu), Lohan Duanda, Cannon fist (Pao Chuan), Lian Shou Duanda, Tai Tzu chang Chuan Shaolin Ba duan Jin (8 Golden treasure brocade), Shaolin hard Qi gong, Shaolin Qinna (Locking techniques), 36 short fighting combinations of Shaolin and Dian Xue (lethal points punching)

points in the body and the person would die instantly.

That took a lot of hard work — and sexual abstinence. "If you want to preserve your chi (latent energy) sexual abstinence becomes very important; a lot of energy gets dissipated in the sexual act. You need to preserve that energy to channelise it positively," adds Kanishka who lists vegetarianism as one of the essentials to better chi. At the Shaolin Temple, his day invariably began at five in the morning, with an hour of running and climbing up a 1000 metre hill in 15 minutes and crawling back the hills on the hands. (An ordinary man would do this in an hour, Kanishka can do the 1000 metre run in 20 minutes, his master, Master Shi Ya Zi, a 33rd generation Shaolin, can do it in 10 minutes flat!) An ordinary day continued with Chinese breakfast of soup, rice, veggies followed by three hours of weapon training, lunch, two hours of rest, three-hour training, dinner at six and that another hour of training. The gates of the Temple closed at six and the entire Temple would be asleep by 10 pm. "I did this for six months at a stretch. For three years, I divided my time between India and China, spending six months in

“

For me, my Shaolin masters are the most important; then comes my mother. Everything everyone —

”



each country." In the past two years, his itinerary has also included Thailand and Taiwan where he has two other teachers.

Between the rigours of the Shaolin Temple and the paraphernalia of being a regular 29-year old, crept television shows that began with his mother's home production for Doordarshan and

for training actor Akshay Kumar for National Geographic's *Seven Deadly Arts*. More fell on his platter when director Farhan Akhtar called him to choreograph the fight sequences for *Don*, which entailed training Shahrukh Khan, Priyanka Chopra and Arjun Rampal. More recently, his name rolls in the opening credit in *Goal* as the Martial Arts Designer.

For the little kid who made a career choice at eight, the moves seem absolutely perfect. In Bollywood, after having refused some offers, he is waiting for the right chance; in real life, he remains a vegetarian for it makes him "feel pure and calm;" as a 29-year old he loves trekking and bungee jumping; does not mind an affair here and another there but would not waiver from his



PLAYING BALL: On the sets of *Goal* and (left) Kanishka with 'Don' Shah Rukh Khan

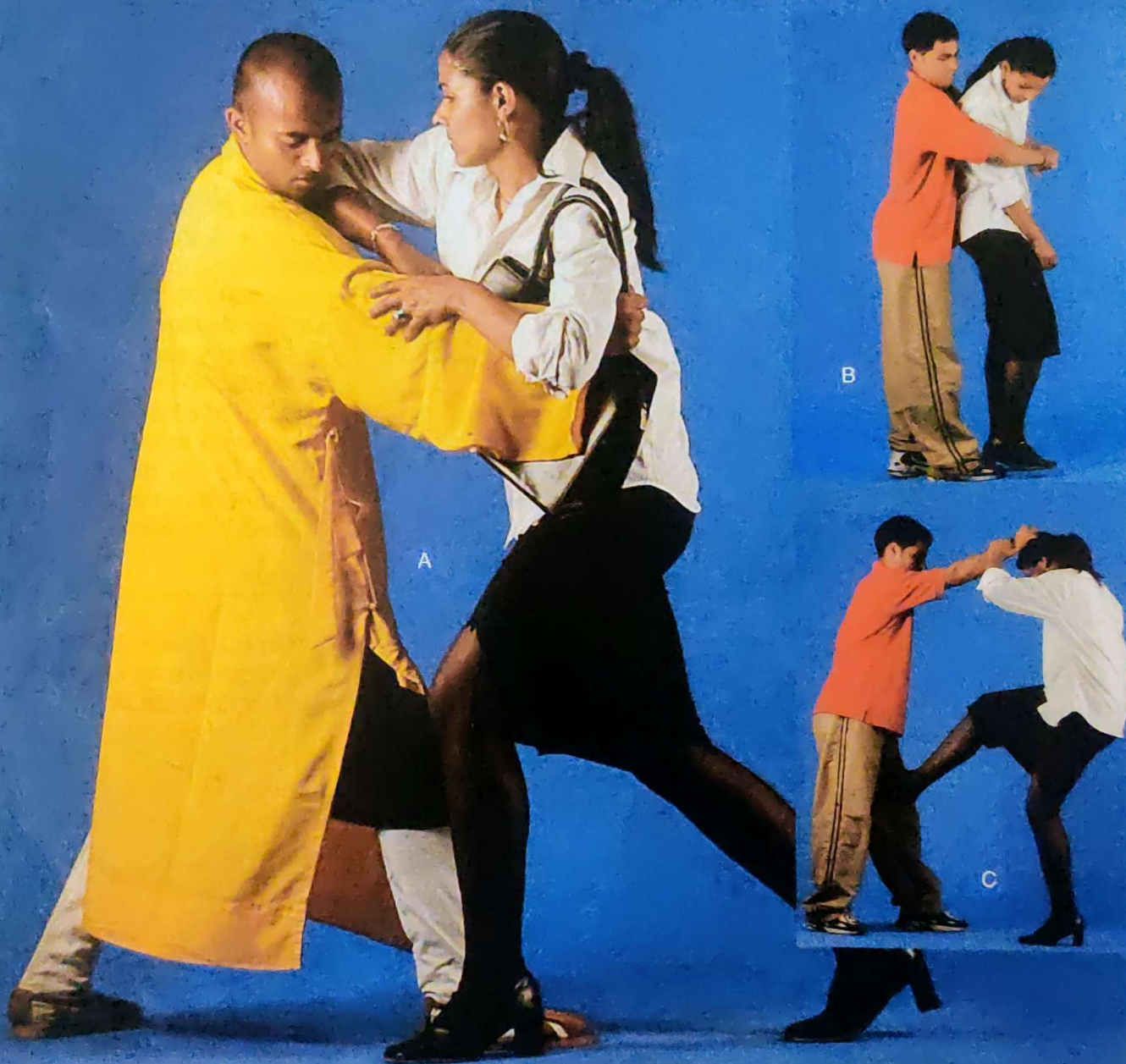
vow of not getting married till he sets up the first Shaolin Temple in India.

"I had two dreams — to train at the Shaolin Temple and to set up a Shaolin Temple in India. One is fulfilled, the other has walked out of the drawing board and is inching towards reality. I wait for that day. Till then everything else can wait." For all this he takes cues from his management lessons, he knows how to "position" himself well and "how to swim with the shark without being eaten alive", the title of Harvay Mackey's bestseller that is on every management wannabes shelf.

In between dreams and his favourite mornings when he gets up even before the sun, Kanishka is a regular 29-year old who loves dancing, trekking, romancing, driving ... Yes, Shaolin has given him the power, but no, he does not break tables on a whim. When he bids goodbye and shakes my hand I am no longer worried. I know he would not break my bones ... In that one hour with Kanishka I learnt that Shaolin is benign; anything that has the power to hurt should also know how to heal. That day in the café, Kanishka taught me that big lesson!

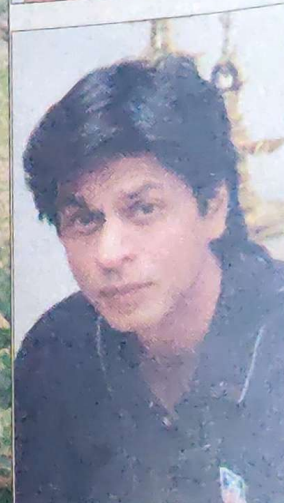
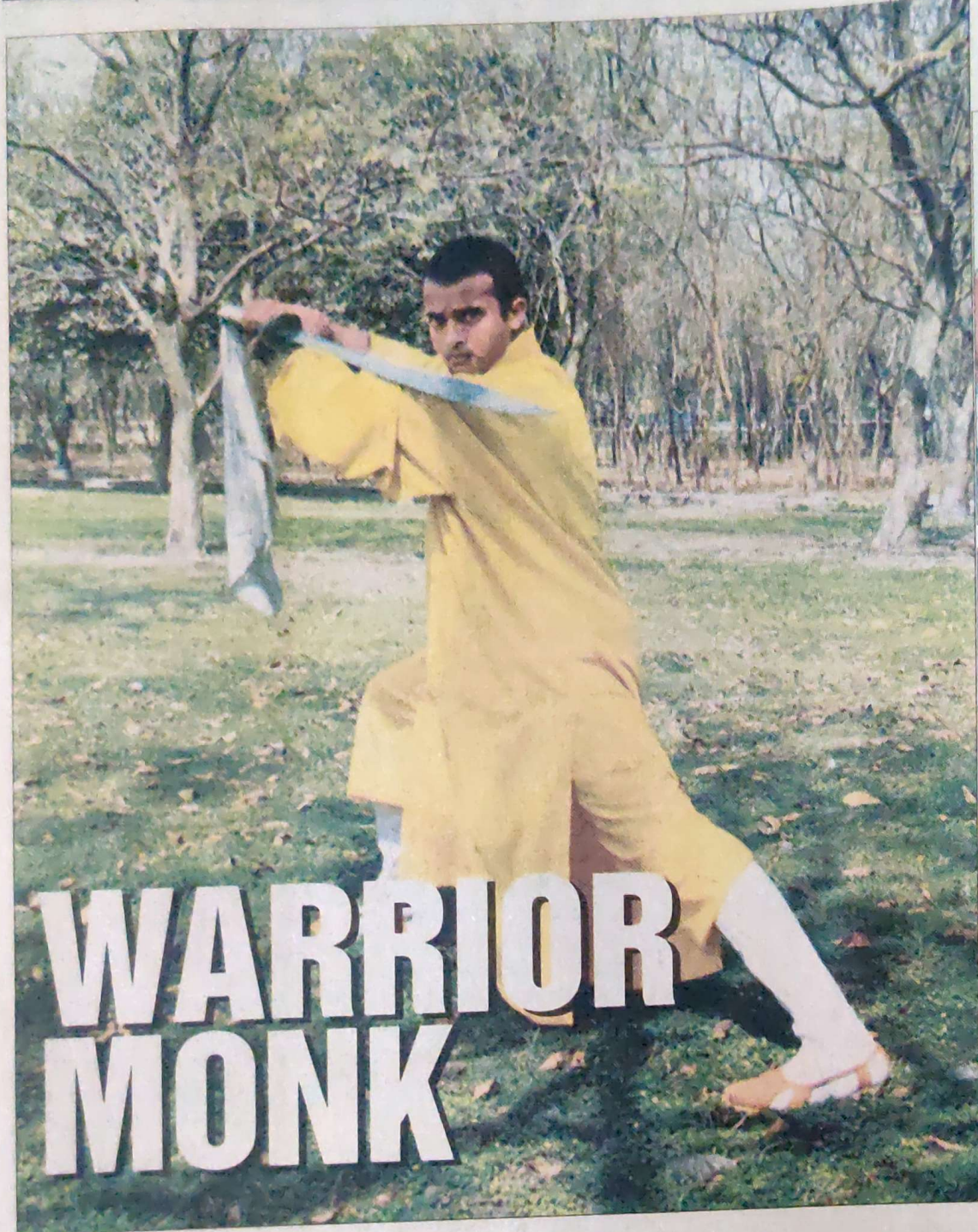
Self-defence

Do I need to take self-defence lessons? I don't do late nights. I never travel to unsafe places. Honey, ask those that get raped at home.



- A. Purse snatch counter: follow up by elbow strike on face after face punch
 B. Bear hug with hands locked: use your stilettos to strike on the foot
 C. Hair pull: counter with strong front kick in the groin area

PHOTOGRAPHS BY: RAKESH SAHAI
 MODELS: KANISHKA SHARMA (LEFT) AND HER DISCIPLES GEXTANKALI AND SARALI



Priyanka (top) and Shah Rukh are Kanishka Sharma's (left) new disciples and are set to give 'moving' performances

The Shaolin master breaches Bollywood, is 'designing' fights for Farhan Akhtar's *Don*

RIJU DAVE MEHTA

HE'S light as a leaf. But boy, can he flip around Shah Rukh Khan. He's soft as the wind. Um...Is that why Priyanka Chopra does his bidding for two hours a day? The force of a tiger, the grace of a crane. A fistful of steel, a secret way of life. It's a package called Kanishka Sharma.

Just when you thought the "Made in China" tag couldn't get any more invasive, Kanishka comes knocking at Bollywood's portals. You know him: the first Indian to train at China's Shaolin Temple, the one who taught Akshay Kumar *The Seven Deadly Arts* on the National Geographic.

Here's what you don't know: For the past fortnight he has been introducing Shah Rukh, Priyanka, Arjun Rampal and Boman Irani to the Shaolin school

of martial arts (two hours of gruelling practise every day). So Farhan Akhtar's remake of *Don* will have first-of-their-kind fight sequences: Priyanka kicking a furore ("She picks up incredibly fast"), and Shah Rukh ("very dedicated") engaging Arjun in rapid hand blocks.

For Angelo Sahin, it was plain engaging. On coming across one of Kanishka's CDs, the special effects guy for *Mission Impossible-II* and *Scooby Doo*, put in a word to Akhtar and had him hitched on. Now, everybody wants him. So Kanishka will be the "fight designer" (the new concept begged a fresh tag) for Vivek Agnihotri (*Chocolate*) on his new film, will act as a personal trainer to Vivek Oberoi, has refused a project with uber stunt director Allan Dus Amin, citing lack of time, and is launching a 26-episode series, *Shaolin Road*, on DD Sports.

"Shaolin is not about fighting. It's a way of life, a philosophy," says the 28-year-old, who found his calling in life in Shaolin after shunning six generations of journalistic tradition, a prime job with Reliance and a protracted rambling through Kung Fu Toa, Karate, Jeet Kune Do and Kalaripayattu.

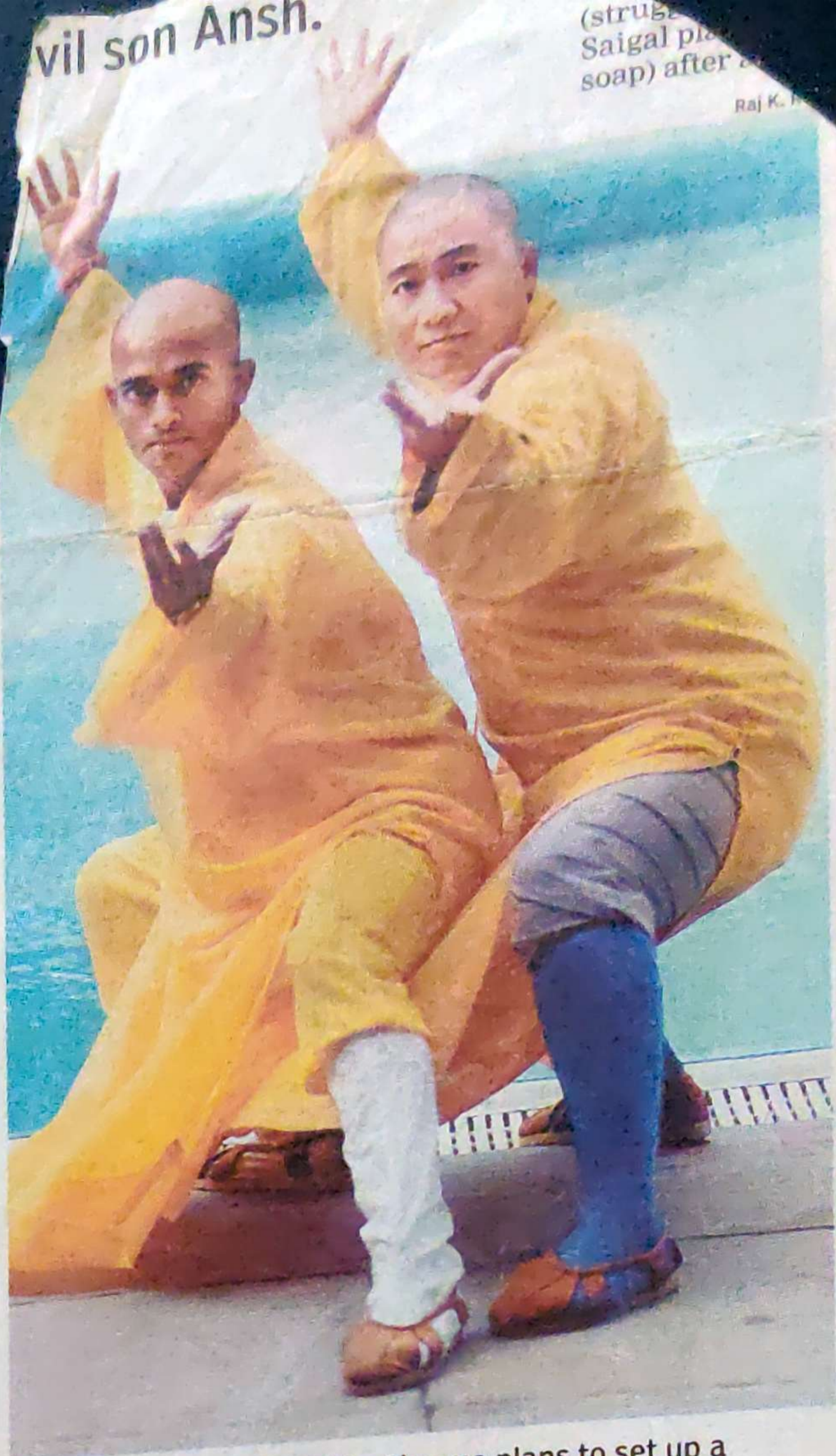
As for the faceless mortals vying to embrace the secrets (72, if you must know) and the 18 jibeng gong drills of Shaolin, India's first and long awaited Shaolin Temple will open by year-end in Delhi. With its Shaolin chambers, circuit gym and boxing rings, it's three acres and two floors of action waiting to explode in the city. For frequent flyers to Bangkok, an academy (opening around the same time) shall await you in the city. That's not discounting the academy he already has in GK-I.

The expansive mode becomes him, for success has not been a happenstance. And yellow is not really his colour, but who cares as long as his robe splices the air enough to create a flutter.

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Kung Fu black belt Kanishka Sharma plans to set up a martial arts school with his master Shi Heng Jun in the city

Kicked about Kung Fu

Hoihnu Hauzel

A Shaolin master, straight from China. Sounds exciting if you are kicked about Kung Fu, right? What if we added that the guy in question is an Indian? Meet Kanishka Sharma, the only Indian to have travelled all the way to the Shaolin temple in Denfeng City, Heran province, to master the art. The black belt holder has now returned to the city with his master Shi Heng Jun. The duo plans to open a martial arts school here next year.

Fight like Bruce Lee: "We look up to Bruce Lee because he popularised Kung Fu all over the world," says Jun. "Today everyone, cutting across age barriers, is interested in martial arts. Bruce Lee's brand was Jeet Kunedo. He actually created a new style by fusing the Shaolin technique with other styles."

Martial arts for dummies: "Kung Fu incorporates all the steps of other martial arts," says Jun. "On the other hand, Judo is dominated by stunts while Taekwondo depends on kicking. It can take a lifetime to become a Shaolin master. Mastering the martial arts is tough, since every stream has several techniques."

Fitness funda: Drink lots of herbal tea. Jun recommends flower-based teas like jasmine and chrysanthemum. "These filter your blood and refresh you," says Jun, who leads a disciplined life. Recalls Sharma, about his training days: "No matter how late the master went to bed, he would always be up by 5 am and come knocking at our doors."

शाओलिन, कुंग-फू और कनिष्क

कनिष्क नीडरलैंड के मास्ट्रिख स्कूल ऑफ मैनेजमेंट से एमबीए भी हैं। वह रिलायंस से जुड़े हुए हैं। अगर रिलायंस ने उनका हौमला नहीं बढ़ाया होता, तो यह मिशन शायद अधूरा ही रह जाता।

कनिष्क का यह एक मिशन तो अब पूरा हो गया है। लेकिन एक अभी बाकी है। ये मार्शल आर्ट्स देश से चीन, जापान और कोरिया में गयीं। वहां तो इस पर काफी ध्यान दिया गया लेकिन हमारा देश इस धरोहर को खोता जा रहा है। कनिष्क इस कला को फिर से भारत से जोड़ना चाहते हैं। वह कहते हैं, 'हम अपनी अज्ञानता की वजह से उस महान आर्ट को भूल गये। दूसरों ने उसे बचा कर रखा। अब उन्हीं से हमें सीखना पड़ रहा है। इस वक्त को हमें फिर से वापस लाना होगा और यह कान किसी न किसी को तो करना ही होगा।' कनिष्क अब अपनी उसी आर्ट को यहां वापस स्थापित करना चाहते हैं। वह मानते हैं कि यहां टेलेट की कमी नहीं है। बस सुविधाओं की कमी है। अब उस कमी को दूर करना ही कनिष्क का मिशन है। जो लगता है जल्दी ही पूरा होगा।

भोले-भाले से लगने वाले कनिष्क को देखकर अंदाजा लगाना मुश्किल है कि उन्होंने शाओलिन की घंटों की कड़ी ट्रेनिंग पूरी की है। इस ट्रेनिंग को लेने वाले पहले भारतीय कनिष्क एमबीए में गोल्ड मेडल भी ले चुके हैं।

शर्मा की याद में खेलना चाहता हूं। वह महान पत्रकार ही नहीं थे। एक बेहतरीन पिता और कमाल के इन्सान भी थे।'

बहुत बचपन से ही कनिष्क को मार्शल आर्ट का चस्का लग गया था। 12 साल की उम्र में ही वह सेंसुई मुरुगन से मार्शल आर्ट सीखने लगे थे। दो साल में ही कराटे का कोर्स कर लेने के बाद वह किक बॉक्सिंग में महारत हासिल करने के लिए

प्रेक्टिस करते रहे। करीब पांच साल पहले वह कुंग फू की तरफ बढ़े। ग्रैंडमास्टर एस राम की गाइडेंस में वह दो साल पहले ब्लैक बेल्ट हो गये।

गया और उसे सीखा। यही कलारियप्पटु आचार्य बोधिधर्म के साथ चीन गया और कुंग फू हो गया। उन्हीं आचार्य का मंदिर शाओलिन में है। वहीं यह ट्रेनिंग होती है।'

बचपन से ही शाओलिन का सपना देखते थे वह। हाल ही में वह भी पूरा हो गया। शाओलिन मंदिर के 35 वें प्रमुख शी हेन जुन ने तमाम जांच-परख के बाद उन्हें ट्रेनिंग देने की हामी भरी। 'वहां मेरा दिन सुबह 4.30 पर शुरू होता था। और रात 8.30 तक सिलसिला चलता रहता था। कुल चार ब्रेक मिलते थे। एक हजार मीटर ऊंचे पहाड़ पर हमें जांग करना पड़ता था। पिछला अनुभव और अबकी लगन को देख कर उन्होंने मेरी पर्सनल क्तास ली। और दो साल का कोर्स दो महीनों में ही पूरा हो गया।'

कनिष्क ने अभी 25 साल भी पूरे नहीं किये हैं। लेकिन इस उम्र में उन्होंने गुरु होने की तमाम जरूरतें पूरी कर ली हैं। वह भी शाओलिन जैसी कुंग फू स्टाइल में। अब वह अपने देश में ही शाओलिन ट्रेनिंग दे सकते हैं। अपना स्कूल चला सकते हैं। 'मेरा इरादा एक एकेडमी खोलने का है। ताकि जो लोग शाओलिन नहीं जा सकते हैं, वे भी उसे सीख सकें। यह एकेडमी में अपने पिता उद्यन

कमरों की दीवारों पर सजे ब्रूस ली और जैको चान के पोस्टर, इंटरनेट पर मौजूद कुंग-फू और कराटे से जुड़ी हजारों वेबसाइट्स और इन सब से जुड़ी फिल्मों के लिए बढ़ता टीनएजर्स का क्रेज। इन सब के जादू से शायद ही कोई युवा बच पाया हो।

और इसी कड़ी में एक और नाम है शाओलिन। कराटे, कुंग फू के साथ शाओलिन का जिक्र बड़ी होती पीढ़ी के लिए धड़कनें बढ़ा देता है। शाओलिन की ट्रेनिंग का जवाब नहीं। मार्शल आर्ट की दुनिया में सपना संजो रहे लोगों के लिए शाओलिन एक मुकाम है। और उस मुकाम को पाया है कनिष्क शर्मा ने। वह भारत के पहले शख्स हैं, जिन्होंने शाओलिन की जबर्दस्त ट्रेनिंग पूरी की है। अब कनिष्क अपने देश में शाओलिन स्टाइल की ट्रेनिंग दे सकते हैं।

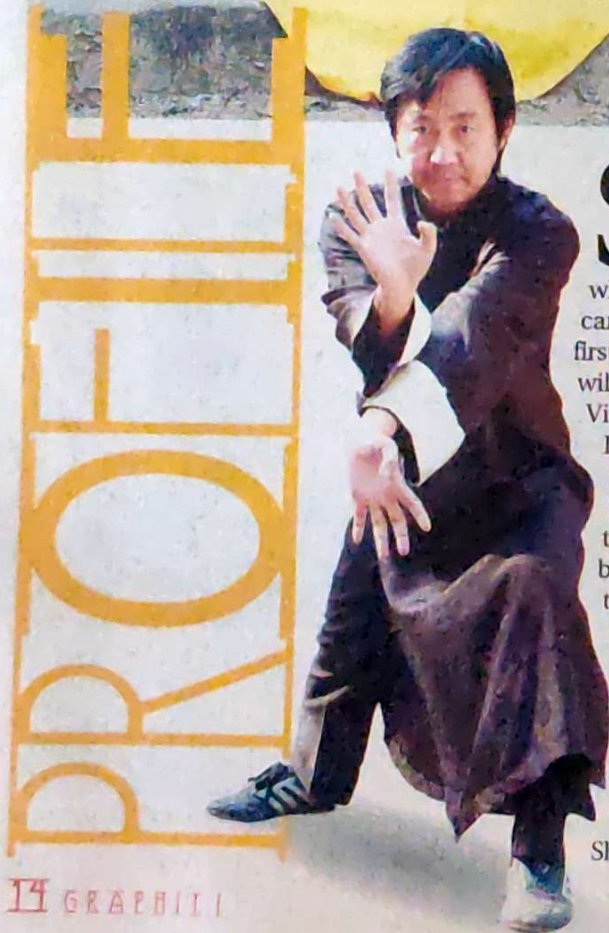
शाओलिन की भी अपनी एक कहानी है। बकौल कनिष्क, 'इन्हीं सब की प्रैक्टिस करते हुए मुझे पता चला कि मार्शल आर्ट तो हमारे अपने देश की ही देन है। ये सब केरल की कलारिप्पयटु से ही निकरती हैं। इसलिए मैं फिर मुरुगन सर के पास

आस्था शुक्ला



Shaolin star

Martial arts expert Kanishk Sharma taught Shah Rukh Khan new fighting tricks in *Don*; (Below) Sharma's grand master Sitta Wang



Should Kanishk Sharma think about a change of career? The Shaolin master who chucked up a corporate career, is about to make his first appearance on screen. He will make a movie debut in Vivek Agnihotri's *Goal* as Debashish, a Bengali soccer player who is also a kung fu expert. Sharma's also the fight coordinator of the blockbuster *Don* and has taught Shah Rukh Khan a boxful of new fighting tricks. "That was a dream project. I have always wanted to showcase martial art in Indian cinema," says Sharma.

On a sunny afternoon, Sharma, dressed in a yellow

Martial arts expert Kanishk Sharma is giving Bollywood a new fighting spirit, says **Hoihnu Hauzel**

Shaolin robe, willingly demonstrates the stunts and fighting moves that are on show in *Don*. He's accompanied by his grand master Sitta Wang who has come all the way from China. "We used four styles of martial arts," says Sharma.

Cut to the opening fight which had Shah Rukh Khan do the Shaolin Tuanda to ward off an opponent. In another scene, he disarms an armed man using police kung fu (used by the Taiwanese police). In his fight with Arjun Rampal, he uses 'trapping hands' or Jeet Kune Do which was developed by Bruce Lee. And in the climax fight with Boman Irani, it was Shaolin Lian Huan boxing that wins the day for Khan. "Training them was an experience," says Sharma who personally trained Khan at his Bandra home for two hours everyday for a month.

It was his work in *Don* that landed him the job as fight choreographer in *Goal*. "What better break could I have asked for," says Sharma who feels his hard work has paid off. After more than 20 years of vigorous training, Sharma, who is trained in different forms of martial art: Okinawa Te, King Kung Tua, *kalaripattu*, Chinese kick boxing, says things are looking up. "I learnt all these in India from various masters but I had always wanted to learn the Shaolin style in its true form in China," he says.

So, in 2001, he packed his bags and landed in Hainan province in China to

Kick and calm

CHAT Kanishka Sharma wants to bring Shaolin to India



ALL POISE Kanishka Sharma has trained many Bollywood stars including Shah Rukh Khan

He comes across as a gentle soul who would be eking out a living as a software engineer or a banker, but a closer look reveals that Kanishka Sharma is no ordinary person. At 29, he is the only accomplished shaolin warrior in India trained at the famous Shaolin Temple.

"I am the first Indian to be trained at Shaolin Temple Secular Disciple Union, Shaolin Temple, China. When I was seven, I happened to watch *36 Chambers of Shaolin*. Since then for 22 years I have been in

love with the art. I was first introduced to martial arts in 1986 when I started training under Sensei Murugan in the art of Okinawa Te and practised it till 1990. Later I was introduced to Kungfu Toa. Then I started my study of Shaolin Chan (Zen), Wu (martial arts) and yi (medicine) under Master Shi Heng Jun, Head of Shaolin Temple Secular Disciple Union, Shaolin Temple, China," says Kanishka who trains students in many premier schools in the Capital and also imparts training to policemen.

Currently he and his teacher Shifu Liu Ze Fang are looking for a place in the Capital to establish a branch of the Shaolin Temple. "I want this craft to continue its traditional form and be included in the curriculum of schools." Kanishka is also good in shaolin weapons like Shaolin Dao (Broad sword), Drunkard stick and Shaolin Magic Wind Cudgel. He has mastered the art of Shaolin Qinna (catch and lock) and Dian Xue (pressure point punching).

However, he insists that shaolin is not like any other

martial art. "It is not just a means to fight or of self defence. It keeps you calm and is also a means of quick healing."

Training stars

Kanishka has also trained Bollywood stars Shah Rukh Khan and Priyanka Chopra for *Don* and was recently seen in *Goal*. "Bollywood has exploited only one aspect of shaolin. I want people to see the larger good that can be achieved through shaolin," says Kanishka who counts Akshay

Kumar among his good friends.

On the growing popularity of Karate and Taekwondo, Kanishka says these two martial arts have originated out of Shaolin. "Since they are easier to learn, people tend to go for them. You can have a belt in these sports in two years' time, while in this period one can learn only the ABCD of Shaolin. It's like the difference between having a McDonald's burger and cooking a dish from scratch and then having it."

ANUJ KUMAR

Idea that changes life

INTERVIEW Scott Lofgren, Global Director, BE Careers, discusses Future

A cause wheels

Viva
CITY 48 hrs

knuckle
power
one
hour



Kanishka Sharma makes Siddharth Tewari believe that Shaolin has much more to it than the Chia Hui Liu blockbuster

The Shaolin touch

My arm is in pain and I am paralysed. Lying in the lawn, I regret having challenged Kanishka Sharma, the 36th generation warrior and disciple of Shaolin Temple.

To put me to ground was simple for him. He held my hand and pressed a nerve. The moment he turned me around, I was down. "How does it feel?" he asks with a smile. Pathetic! "You can actually paralyse a person with the art of Shaolin," I say. He then presses another nerve near my neck and I am back on my feet.

"There are 36 death points in a human body. Out of these 37 are such that if

Drunkard stick, Yin Shou gun, Fun Mo gun, Shaolin spear and Shaolin magic wind cudgel. "I went to Shaolin because it was a passion for me. Shaolin does have a long tradition of Chinese martial arts. As the saying goes 'All martial arts (gongfu) are from Shaolin.' This is partly because Shaolin was located in a strategic area, so the monks had to protect the temple from invaders on their own. Most of the emperors also supported the development of martial arts there. The royal encouragement had come after 13 Shaolin monks saved Li Shimin, the emperor of the Tang

my act and smash all. But it was not easy for me to act and choreograph action. So, I called my master from Shaolin, Stitta Wang to help me."

A first look at Kanishka and it is difficult to believe that he has the capacity to kill with bare hands.

"It is all about internal energy flow. You should relax it." He asks me to hold his forearm. It is very tight. "Push me now," he says. I push him a good 10 meters. Then he relaxes his forearm. It is soft. "Now push me," he says. This time I can't even move him an inch. "This is

Once I had gone to Pragati Maidan and some guys banged into my car. Then they started abusing me. Someone hit me and within five seconds all four of them were on the ground."

Shaolin has no restrictions, Kanishka tells me. "We can scratch, bite do anything we want to. But we must remember to go with the flow of energy. When you strike, I must use your energy against you," he says.

Kanishka will be featuring in *Mano Ya Na Mano* on Star One. There he will tell the viewers about the 36 points in the body and how one can cure ailments through them. "We have the power to cure without touching. It is all about the control of mind over body. My mom has severe headaches. I place my hand over her head and transfer energy from my hand. She instantly feels better. This is called *Chi-gong*. *Chi* is the vital force to heal people. One needs to practice it for long. By the way, *Chi* is also the vital force to kill. There is also

knuckle power
one hour



Kanishka Sharma makes Siddharth Tewari believe that Shaolin has much more to it than the Chia Hui Liu blockbuster

The Shaolin touch

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Sounds strange, but the Noida Authority is planning to set up a dinosaur park. The park will be operational in two years and will cost Rs.2.5 crore

Dino recreation

Shraddha Maheshwari | Sector 95

The dinosaurs are coming again. Those who missed seeing Jurassic Park now have another opportunity. The Noida Authority is planning to take you to the world of dinosaurs. It is in the process of setting up a Dinosaur Park adjacent to Smriti Van, in Sec-95. The park is the second of its kind in India; the first is located down south. It is spread over an area of 4.5 acres. About 24 breeds of electronic dinosaur replicas will be showcased here. The mouths and limbs of the animals will move. There is a possibility that lights and sounds will be added to these replicas to make them more lifelike. Deputy director of

horticulture K.N. Jha, says: "At this stage we are not sure about the sounds and lights but we are certainly thinking about it." Special plants will be grown keeping in mind the diet of herbivorous dinosaurs. Jha, says: "All the dinosaurs were not carnivorous, some of them were herbivorous." The dinosaurs will be placed in such a way that one is hidden from the others. Jha reasoned: "Some of the dinosaurs used to be wild in nature and they were used to attack the other dinosaur breeds. We have taken all these minute details into consideration before building this park." To add to the beauty of the park, a serpentine lake will be developed that will be located in the midst of the park. Jha says: "The place will be given a touch of the jungle so that people coming there can get a real feel of dinos and their habitat."

The Don of KUNG-FU

Having kick-started his film career with *Don*, this master of Chinese martial arts is putting up a great show as a fight choreographer and now also as an actor

Shailja Katyal Verma | Sector 27

You get traces of the dare-devilery of this man right from the moment you dial his mobile number. A voice at the other end says: "Don ko pakadna mushkil hi nahai namumkin hai." A fair introduction of martial arts expert Kanishka Sharma, a pioneer in his own right. As you sit in the living room of his house in Sector-27, in the sanitised neighbourhood of DM and SSP's residence, he is a picture of poise and inner calm. "I gave up a promising career in marketing management to pursue martial arts full time. I left for China in **SHAOLIN SHOWMAN**

2001 to become a disciple at the Shaolin Temple," reveals this 28-year-old who has a humungous list of projects under his kung-fu belt. He has been lauded for his work as the fight choreographer in Farhan Akhtar's *Don* and is currently designing the fight sequences for John Abraham starrer *Gaar*, besides making his acting debut in the movie as a soccer star who is also a martial arts expert. Among the film actors he's worked

with, Kanishka rates Shah Rukh Khan as his favourite disciple. "He would train with me for one month for two to three hours daily, because he really wanted to look good. The greatest compliment he paid me was on a TV channel when he said: 'What 15 years of cinematic experience could do for me, Kanishka has done for me in a matter of days,'" gushes the young

trainer, rattling off the names of



TV shows that he has done, including the one with Akshay Kumar for National Geographic Channel.

So passionate is he about his vocation that he prefers calling a kung-fu art form rather than a sport. "Martial arts training in our country is a big racket. There is a lot of fraud going on and people are selling certificates and belts to serve their own ends," says Kanishka who has his own Shaolin Academy in Andrews Ganj and now wants to set up a Shaolin Temple along the lines of the one in China. "I want to

recreate the same ambience and give the right kind of training to the kids," says he about his dream project.

Interestingly, Kanishka himself was a reticent child and would spend hours watching Bruce Lee films. "When I was about 10 my father presented me with a cassette of *36 Chambers of Shaolin* and I was hooked for life. So even though I went on to be a gold medalist in MBA from Holland, I could not fit into the nine-to-five routine," says this self-confessed Brahmin Shiv Bhakth.

This global citizen has also lent his skills to his immediate neighbourhood, teaming with the then SSP R.K.S. Rathore to train the police personnel in the city. About the sullied image of the Noida Police, Kanishka asseverates, "Their income and health is the pits. Corruption is so deep-rooted in our system that weeding it out is not going to be easy." Pulling punches certainly doesn't come easy to Kanishka.



The 'seize' machine

Kung Fu expert Kanishka Sharma has disciples like Shah Rukh Khan, Priyanka Chopra and Vivek Oberoi, but it is Jackie Chan whom the guy wants to teach a thing or two

Ever since his father showed him the 36th Chamber of Shaolin in 1996, Kanishka Sharma has been hooked to the Buddhist martial arts. His fascination turned into a reality when he packed up and headed straight to Hanen in China to be trained at the famed Shaolin Temple, under the legendary master Shi Heng Jun. So after five years of intensive training, Kanishka is ready to impart his skills and experiences to anybody who wishes to learn the art of kicking and punching holes in the opponent's arsenal. And right now, those interested include Shah Rukh Khan, Priyanka Chopra, Arjun Rampal and Boman Irani for Farhan Akhtar's remake of *Don*.

So does he find anything amiss when he teaches these stars? "Not at all. In fact, I am surprised by their performance. Priyanka Chopra, particularly is a fast learner. I don't know how they absorb my lessons so quickly," he says.

Next in line for Kanishka is an assignment for Vivek Agnihotri's as yet unnamed film as its fight designer. Fresh from showing the action king Akshay Kumar the tactics of nailing down combatants, he is all set to take



on the mantle of Vivek Oberoi's personal trainer too.

For someone who was spotted by Angelo Sahin, the special effects specialist behind superhits such as *Mission Impossible II*, the journey to Bollywood was an accident of sorts.

"Angelo referred me to an assistant of Farhan and after seeing my videos, the director asked me to work for his film," says Kanishka.

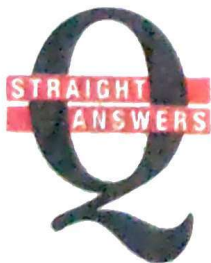
Kanishka wishes to turn SRK into a complete Shaolin machine. "Though I am training him now for the film, I want to transmit all my 20 years of fighting secrets to him," he reveals. And why SRK? "He is such a nice person. Despite being a big star, he never throws tantrums and whenever he shows up late for shooting, he apologises," he says.

But when asked about his dream disciple, Kanishka comes up with Jackie Chan. "Some day I want to train Chan. He is a master in Wusu but he can learn a lot from me," says Kanishka, who specialises in the 'art of seizing'. But won't the international Chinese star get offended if he offers to be his instructor? "No, because all true fighters respect each other. For instance, my first teacher was a seven-year-old!"

RANJAN YUNNAM

Salish Jaiswal

'Sanjay Leela Bhansali is my godfather'



Do you think success came early and easily to you, sparing you the struggle which most singers have to face in the industry?

You are correct

to an extent. But it is a little known fact that I started my professional career when I was a 13-year-old. Frankly speaking, I never thought that *Devdas* would fetch me so many awards, including the National Award. I was busy trying to prove myself and gain a foothold in the industry. Despite winning so many awards in the last three years, I think I am a learner and have miles to go.

How much of your success do you



SHREYA GHOSAL
Singer
On her successful innings in the industry

owe to Sanjay Leela Bhansali?

Everything. If there is a 'godfather concept' in the industry, Sanjay Leela Bhansali is my godfather. I thank him for giving me a break in *Devdas*. You will find several directors promising to launch new talent, but very few eventually do it. The style in which Sanjayji did it should be an example to everyone.

'I started my professional career when I was a 13-year-old'

What are your future projects?

I have sung for Rajesh Roshan's *Krish* and Vishal Bharadwaj's *Omkar*. In *Omkar*, I have sung a song which has been penned beautifully by Gulzar *saab*.

It has been five years since you entered the industry, but you've never released a private album.

I am planning to cut my first private album. I was waiting for the right kind of music and lyrics for my album for so many years. I didn't want

to do the same stuff which I have been doing in films. My album will feature something unique and probably will have more melodious tracks. I need at least a month to work everything out.

RAM KAMAL MUKHERJEE

TRAIL BLAZER

KANISHKA SHARMA

The touch of Shaolin

● **Susmita Mukherjee**
New Delhi, December 7

"I BELIEVE in the philosophy of 3-L: to learn, to live and to love. I have also learned that perfection is a kind of neurosis. You cannot rest after you have attained it. If you stop striving in life, you will stop living."

These words are the ideologies that Delhi's Kanishka Sharma lives by. As a young child, Kanishka was everything his parents wanted him to be—a relatively good student who was also doing well in extra-curricular activities. It was his father who introduced Kanishka to the world of martial arts through films like the 36 Chambers of Shaolin. Hooked to the martial art, Kanishka soon began professional training in it.

20 years down the line, he is India's first official disciple of the Shaolin Temple. But the path has been a long and tiresome one. "As per my the wishes of my parents, I studied till class XII, but found that I was not very academically inclined. My parents supported me and suggested that I should go for a one-year course in business management. I won a gold medal while at college in Holland and came back to work with Reliance. I did not feel happy with what I was doing. It was only after my father's death that I quit my job and went straight to the Shaolin Temple," says Kanishka.

Standing before the Shaolin Temple, of which he had dreamt every day since he saw the film, Kanishka could



Kanishka Sharma wants to build the first branch of Shaolin Temple in India

not stop the tears in his eyes. Little did he know that 25 days later, he would be crying again. "The regime of the Shaolin Temple was very tough. It included eight hours of tough exercises every single day. After the first 25 days, I just could not get up. That was the time when I cried and thought if I had made the wrong decision," he recalls.

Thankfully, he did not give up and

completed his training at Shaolin Temple.

Kanishka's story is now going to the small screen on *Mano Ya Na Mano* on Star One. In the episode to be aired on Friday, Kanishka will share his experience and lessons from the Shaolin Temple.

Name: Kanishka Sharma, 29

Educational qualification: After completing his education from Sardar Patel Vidyalaya, Kanishka went to Holland for his MBA.

Teething problems: "My mother was very jittery about my choice initially but after seeing my determination, she gave all her support. She financed my education at the Shaolin Temple in part while the rest was taken care of by the ICCR," he says. "Also I broke almost every part of my body during the training, which was painful."

Clients: He has trained with the Noida police. "The police there is not allowed to use guns, so I taught them how to disarm criminals with their bare hands," he says. "I will also be training the security men at the airport soon."

Kanishka Sharma also conducts a programme for women not only in self-defence but also in empowerment. "I have a dream of opening the first branch of the Shaolin Temple in India. If everything goes well, we should have one next year. I am having trouble getting the finances right now, but I am sure, I will be able to fulfill this dream."

Clint Eastwood slams Hollywood 'heroes'

CLINT EASTWOOD has slammed the contemporary usage of the word 'hero', insisting that people who haven't done anything valiant are also being given the accolade.

The veteran director recently wowed audiences with his latest film *Flags of our Fathers*.

tragic tale of the five Marines and a United States Navy corpsman.

"These are difficult days to be idealistic. World War II was the deadliest conflict in human history, yet just a few years later we were in Korea, and then Vietnam. Now we're in Iraq. It does-

riod in our history when we make heroes out of people who really haven't done anything heroic," he said.

"Now you see 'heroes' in the newspapers all the time, whether it's related to 9/11, a fire department or whoever is coming to the rescue," he added.

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पुलिस मार्शल आर्ट्स से निपटेगी अपराधियों से

नोएडा। नोएडा पुलिस को अपराधियों से निपटने, अपराध पर अंकुश लगाने व आत्मनिर्भर बनाने के लिए मार्शल आर्ट्स का प्रशिक्षण शिविर का आयोजन किया गया। पुलिसकर्मियों को मार्शल आर्ट्स के गुरु सिखाने के लिए चीन के ग्रैंड मास्टर व राष्ट्रीय चैंपियन सीटावेंग को बुलाया गया है। छह दिवसीय प्रशिक्षण शिविर का उद्घाटन एसएसपी ने किया।

उन्होंने कहा कि इस कला के माध्यम से आप बहुत कुछ सीख सकते हैं। मार्शल आर्ट्स एक ऐसी कला है जिसके सामने हथियार भी बेकार हो जाते हैं। बशर्ते इसे मन लगाकर सीखा जाए। नोएडा स्टेडियम में आयोजित मार्शल आर्ट्स के प्रशिक्षण का कार्यक्रम सुबह आठ बजे से शुरू हुआ। ग्रैंड मास्टर सीटावेंग ने पुलिसकर्मियों को अपराधियों के पैतरे से निपटने के गुरु सिखाए। उन्होंने कुछ ऐसे गुरु भी सिखाए जो पुलिसकर्मियों की दिनचर्या में शामिल है। ग्रैंड मास्टर ने बताया कि वह अपराधियों को बिना हथकड़ी के कैसे पकड़ें।

उन्होंने बताया कि यदि पुलिस कस्टडी में अपराधी पुलिसकर्मी पर पिस्टल, रिवाल्वर व चाकू से वार करे तो उसका मुकबला कैसे करें। ग्रैंड मास्टर ने इसका अभ्यास कराया। प्रशिक्षण कार्यक्रम में 40 से 50 पुलिसकर्मी शामिल थे।



ऐसे करो! पुलिसकर्मियों को शनिवार को नोएडा स्टेडियम में आयोजित एक प्रशिक्षण शिविर में मार्शल आर्ट्स के तौर-तरीके बताते चीन के ग्रैंड मास्टर व राष्ट्रीय चैंपियन सीटावेंग। शिविर छह दिन तक चलेगा। फोटो : अमर उजाला

Jackie Chan has competition. Delhi's ninjas are increasingly 'martialling' the art of self defence with newer forms like *Wu Shu* and Muay Thai, writes **Nawaid Anjum**



Top: Sensei Bharat Sharma, a kick-boxing expert and above, Shaolin master Kanishka Sharma

It's the yin and yang of martial arts wooing the city's health and fitness freaks. Having been fed on an ample dose of Bruce Lee, Jackie Chan and Tony Jaa flicks, Delhiites who've long sworn by Kick-boxing, Kung Fu, Taek Wondo and Judo Karate are now punching, stretching, jumping and sweeping to fight the battle of the bulge. The quest for muscle toning is witnessing health buffs tread the path of Krav Maga, Tai Chi, Wu Shu, Shaolin and Muay Thai.

MEDITATION IN MOTION: TAI CHI

An ancient Chinese martial art form, Tai Chi helps improve both physical and emotional well-being. Described as meditation in motion, it helps cultivate *chi* (energy) circulating in your body, using fluid movements to strengthen internal organs like the heart, lungs and kidneys. Master Rajnish, chief instructor at the Martial Art Academy (MAA), Andrews Ganj Extension, says, "Tai Chi is the ultimate stress buster. While yoga is a still form of meditation, Tai Chi is a set of techniques performed in a rhythm." MAA offers basic courses in Tai Chi's different forms, including 10, 16, 24, 42, 78 and 108.

ART OF SELF-DEFENCE: WU SHU
According to Rajnish, Wu Shu is a

variation of Kung Fu or Gung Fu, the Chinese martial art. "It's an art and a complete system of self-defence. Wu Shu courses are designed according to its different styles known as Yang, Su, Wu and Chan. The course varies with the physique of the person concerned," he adds.

MONKS' MANTRA: SHAOLIN

This discipline is associated with the Shaolin monastery in China combining Zen Buddhism with martial arts. The monks ascribe to the view that the two are complementary to each other with the former helping store *Chi* (energy), and the latter leading to the releasing of *Chi*.

Shaolin master Kanishka Sharma, who imparts training in Shaolin Kung Fu, considered to be the mother of all martial arts, started the country's first Shaolin Temple way back in 2004. Kanishka, who claims to be the first Indian to have trained in the fifth century Shaolin Temple in China, teaches the art in a number of schools and is all set to open a Shaolin Gurukul, the traditional Shaolin school imparting training in Chan, Wu and Yi, in Hrishikesh.

"Shaolin results in longevity of good health. It makes you *ming* (sars any disease) and physically strong. The highest level of Shaolin fighting is Xin Yaba, the techniques of which are

closely guarded," says Kanishka, who has trained Shah Rukh Khan, John Abraham, Priyanka Chopra and Arjun Rampal. With training centres at Khan Market, Vasant Kunj, Patparganj and Noida, Kanishka's clients primarily consists of corporates and school girls.

THAI BOXING: MUAY THAI

A tough form of martial art form, Muay Thai is gaining ground in the Capital. Kanishka, who also trains people in the form, says it's a well-grounded, well-gripped technique. Its main form, *Muy Boran*, he adds, is different from normal kick-boxing in the sense that it uses the elbow and knee. "A lot of women today are going for this form," he adds.

CONTACT COMBAT: KRAV MAGA

Krav Maga (Hebrew for contact combat) is a self-defence and military hand-to-hand combat system developed in Israel. It's a holistic fitness technique which enhances your spontaneous reflexes and natural body movements. With its India headquarters at Saket, International Krav Maga Federation (IKMF) has Vicky Kapoor as its chief instructor and regional director.

Rajnish concludes that training in these relatively new forms is the 'need of the hour' with the crime graph and road rage incidents on the rise.

CINEMATIC COMBAT

Just last year, we caught Priyanka Chopra showing a bit of her Ju Jitsu and Karate skills in *Don*. For her upcoming film *Drona*, the actress is training under an expert for Gatka, a specialised form of fighting from Punjab. Priyanka plays Abhishek Bachchan's bodyguard in the film and has already shot some of her action scenes in Prague.

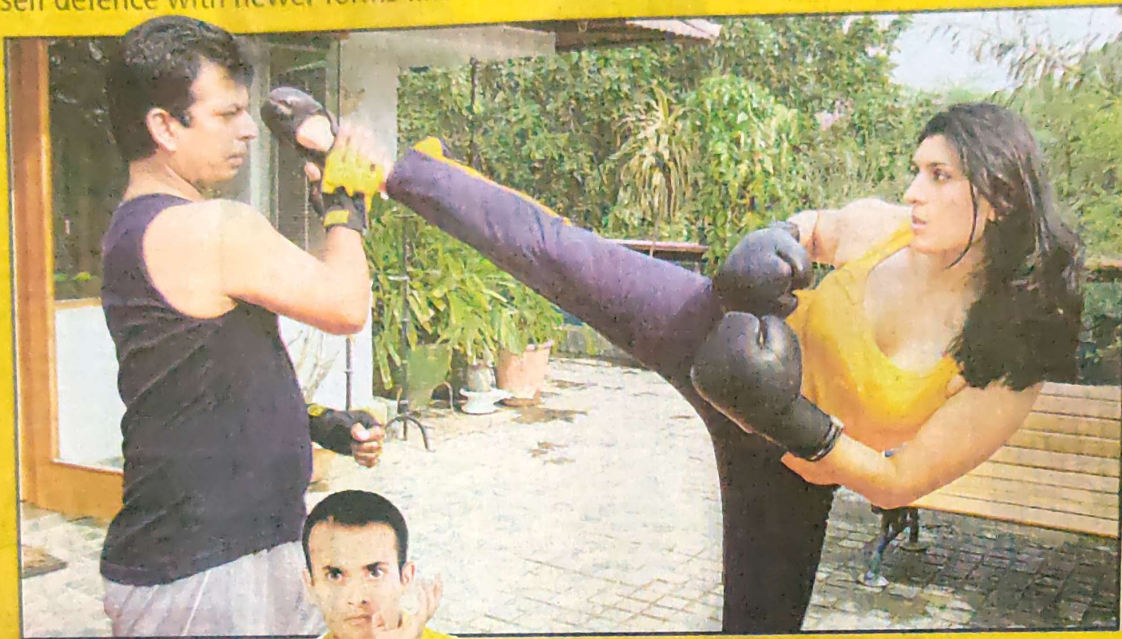
Akshay Kumar, who hasn't done a full-on action film in seven years, is undergoing training in the martial art form called *Wu Shu* for Ramesh Sippy's *Made in China*. The Ramash Sippy-Warner Brothers joint production is directed by Nikhil Advani, and stars Akshay as a chef who is mistaken for a martial arts trainer during his stay in China.

Sushmita Sen is headed to China by the end of this year to train herself in several different martial arts for her home production, *Jhansi Ki Rani*.

The film goes on the floor early next year and the actress wants to improve her stamina and command a more flexible body before that. A source from Sen's production company Tantra says, "Sush is going to benefit tremendously from the martial arts training. Apart from a flexible and tough body, it will improve her concentration."



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closely guarded," says Kanishka, who has trained Shah Rukh Khan, John Abraham, Priyanka Chopra and Arjun Rampal. With training centres at Khan Market, Vasant Kunj, Patparganj and Noida, Kanishka's clients primarily consists of corporates and school girls.

THAI BOXING: MUAY THAI

A tough form of martial art form, Muay Thai is gaining ground in the Capital. Kanishka, who also trains people in the form, says it's a well-grounded, well-gripped technique. Its main form, Muy Boran, he adds, is different from normal kick-boxing in the sense that it uses the elbow and knee. "A lot of women today are going for this form," he adds.

CONTACT COMBAT: KRAV MAGA

Krav Maga (Hebrew for contact combat) is a self-defence and military hand-to-hand combat system developed in Israel. It's a holistic fitness technique which enhances your spontaneous reflexes and natural body movements. With its India headquarters at Saket, International Krav Maga Federation (IKMF) has Vicky Kapoor as its chief instructor and regional director.

Rajnish concludes that training in these relatively new forms is the 'need of the hour' with the crime graph and road rage incidents on the rise.

CINEMATIC COMBAT

● Just last year, we caught Priyanka Chopra showing a bit of her Ju Jitsu and Karate skills in *Don*. For her up-coming film *Drona*, the actress is training under an expert for Gatka, a specialised form of fighting from Punjab. Priyanka plays Abhishek Bachchan's bodyguard in the film and has already shot some of her action scenes in Prague.

● Akshay Kumar, who hasn't done a full-on action film in seven years, is undergoing training in the martial art form called *Wu Shu* for Ramesh Sippy's *Made in China*. The Ramesh Sippy-Warner Brothers joint production is directed by Nikhil Advani, and stars Akshay as a chef who is mistaken for a martial arts trainer during his stay in China.

● Sushmita Sen is headed to China by the end of this year to train herself in several different martial arts for her home production, *Jhansi Ki Rani*.

The film goes on the floor early next year and the actress wants to improve her stamina and command a more flexible body before that. A source from Sen's production company Tantra says, "Sush is going to benefit tremendously from the martial arts training. Apart from a flexible and tough body, it will improve her concentration."





तब कनिष्क सिर्फ 12 साल का था, जब उसने '36 चेंबर ऑफ शाउलिन' देखी। मार्शल आर्ट पर आधारित इस फिल्म ने उसकी जिंदगी को एक लक्ष्य दे दिया- चीन के शाउलिन टेंपल में जाकर मार्शल आर्ट सीखना। यह इतना आसान नहीं था लेकिन उसके पत्रकार पिता उदयन शर्मा कहा करते थे, काम वही करो, जो तुम्हें अच्छा लगता है। पिता की इस बात को ध्यान में रखकर कनिष्क मार्शल आर्ट सीखने लगा। साथ ही कनिष्क ने अपनी पढ़ाई भी जारी रखी। हॉलैंड स्थित मैट्रिक्स स्कूल ऑफ मैनेजमेंट से एमबीए करने के बाद उसने चीन जाकर 'शाओलिन कुंग फू' सीखने का निश्चय किया। वह चीन गया जहां उसकी मुलाकात 'शू हड्युन' से हुई, जो पांचवीं शताब्दी में एक भारतीय बौद्ध भिक्षु 'बा दुओ' द्वारा स्थापित शाओलिन टेंपल में भिक्षु हैं और 'कुंग फू' की शिक्षा देते हैं। उन्होंने कनिष्क को देखा, परखा और कुंग फू सिखाने के लिए राजी हो गए। यह सहमति कनिष्क के लिए उपलब्धि सरीखी थी। इसके दो कारण थे। पहली बात कि शाओलिन में यह कला सीखने का सौभाग्य किसी-किसी को ही मिलता है। दूसरी बात यह कि वह ऐसा पहला भारतीय बन गया था, जो शाओलिन में रह कर 'कुंग फू' सीख रहा था।

'कुंग' का मतलब होता है 'एनर्जी' और 'फू' का मतलब होता है 'टाइम' यानी सही समय के साथ अपनी एनर्जी का इस्तेमाल। अगर कोई व्यक्ति सही टाइमिंग के साथ अपनी एनर्जी का इस्तेमाल करे, तो वह जिंदगी के हर क्षेत्र में सफल हो सकता है। इस तरह 'कुंग फू' एक मार्शल आर्ट ही नहीं, जीवन जीने की एक कला भी है। 'कुंग फू' सीखने के लिए मेंटल पॉवर, विल पॉवर, कंसंट्रेशन और रोज कम से कम 6 घंटे की कठिन ट्रेनिंग्स की जरूरत होती है। जो लोग जूनूनी होते हैं, वे पसीना बहाने से कभी पीछे नहीं हटते। कनिष्क को 'शाउलिंग कुंग फू' सीखने में ज्यादा वक्त नहीं लगा। कुंग फू की शिक्षा पूरी होने के बाद कनिष्क भारत लौट आया। कनिष्क का बस एक ही पैशन है, शाउलिन कुंग फू

को घर-घर में पहुंचाना और इसके लिए वह गंभीर प्रयास कर रहा है। वह कई स्कूलों में कुंग फू की ट्रेनिंग तो दे ही रहा है,

वह ऐसा पहला भारतीय बन गया था जो शाओलिन में रह कर कुंग फू सीख रहा था।

शाओलिन कुंग फू

Deadly Art

With कनिष्क शर्मा



फोटो: रमन चिप्रा

अनेक बहुराष्ट्रीय कंपनियों के अधिकारियों और गौडाली को स्ट्रेम गिनीज करना भी सिखाना है। नेशनल ज्यूरिफिकल ट्रेनिंग के एक कार्यक्रम '7 डेडली आर्ट निद अश्वय कुमार' में वह अश्वय कुमार को शाओलिन कुंग फू और गोपथाई की कला सिखाने नजर आया। इसके साथ ही वह दिल्ली दूरदर्शन, स्टार प्लस पर भी अपने कार्यक्रम प्रस्तुत कर चुका है। उसने एक मूवी भी साइन की है। यह त्रूपली स्टाडन की एक ऐक्शन मूवी है। उसका ड्रीम प्रोजेक्ट है, गुडगाँव में भारत का पहला शाओलिन टेंपल स्थापित करना, जो जल्दी ही पूरा होने जा रहा है। यहां पर वह लोगों को 'कुंग फू' की शिक्षा देगा। इसके अलावा वह नए कुंग फू इंस्ट्रक्टर भी तैयार कर रहा है। वर्षों पहले हमारे किसी पुरखे द्वारा शाओलिन तक पहुंची मार्शल आर्ट की यह कला अगर एक बार फिर अपनी जमीन पर वापस लौट रही है, तो इसका पूरा श्रेय कनिष्क को दिया जा सकता है। **केलडन कनिष्क।**
पता: जी सेक्टर -27 नोएडा (201301)
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ब्रज

QUIZ

1. 'जंबो' नाम से पुकारे जाने वाले इस भारतीय गेंदबाज ने कपिल देव के सर्वाधिक टेस्ट विकेट लेने का रेकॉर्ड तोड़ दिया?
(ए) हरभजन सिंह (बी) अनिल कुंबले
(सी) जहीर खान
2. विश्व जूनियर शंतरज चैंपियनशिप का खिताब किसने जीता है?
(ए) पी. हरिकृष्ण (बी) कोनेरू हंपी
(सी) ज्योति रंधावा
3. बंगबंधु क्रिकेट स्टेडियम कहां है?
(ए) श्रीलंका (बी) भारत (सी) बांग्ला देश
4. शीशमहल ट्रफ़ी का संबंध किस खेल से है?
(ए) हॉकी (बी) क्रिकेट (सी) फुटबॉल
5. हॉकी में सबसे ज्यादा गोल दामने का रेकॉर्ड किस खिलाड़ी के नाम है?
(ए) सुहेल अब्बास (बी) धनराज पिल्लई (सी) दिलीप टर्की

ये प्रश्न 2004 के प्रश्न हैं

गेंदामल पैदा नहीं हो रहे और जो बड़े बड़े हैं, वह



तब कनिष्क सिर्फ 12 साल का था, जब उसने '36 चेंबर ऑफ शाओलिन' देखी। मार्शल आर्ट पर आधारित इस फिल्म ने उसको जिंदगी को एक लक्ष्य दे दिया- चीन के शाओलिन टेंपल में जाकर मार्शल आर्ट सीखना। यह इतना आसान नहीं था लेकिन उसके पत्रकार पिता उदयन शर्मा कहा करते थे, काम वही करो, जो तुम्हें अच्छा लगता है। पिता की इस बात को ध्यान में रखकर कनिष्क मार्शल आर्ट सीखने लगा। साथ ही कनिष्क ने अपनी पढ़ाई भी जारी रखी। हॉलैंड स्थित मैट्रिक स्कूल ऑफ मैनेजमेंट से एमबीए करने के बाद उसने चीन जाकर

'शाओलिन कुंग फू' सीखने का निश्चय किया। वह चीन गया जहां उसकी मुलाकात 'शु हडच्युन' से हुई, जो पांचवीं शताब्दी में एक भारतीय बौद्ध भिक्षु 'बा दुओ' द्वारा स्थापित शाओलिन टेंपल में भिक्षु हैं और 'कुंग फू' की शिक्षा देते हैं। उन्होंने कनिष्क को

देखा, परखा और कुंग फू सिखाने के लिए राजी हो गए। यह सहमति कनिष्क के लिए उपलब्धि सरीखी थी। इसके दो कारण थे। पहली बात कि शाओलिन में यह कला सीखने का सौभाग्य किसी-किसी को ही मिलता है। दूसरी बात यह कि वह ऐसा पहला भारतीय बन गया था, जो शाओलिन में रह कर 'कुंग फू' सीख रहा था।

'कुंग' का मतलब होता है 'एनर्जी' और 'फू' का मतलब होता है 'टाइम' यानी मही समय के साथ अपनी एनर्जी का इस्तेमाल। अगर कोई व्यक्ति सही टाइमिंग के साथ अपनी एनर्जी का इस्तेमाल करे, तो वह जितनी कहर क्षेत्र में सफल हो सकता है। इस तरह 'कुंग फू' एक मार्शल आर्ट ही नहीं, जीवन जीने की एक कला भी है। 'कुंग फू' सीखने के लिए मेंटल पावर, विल पावर, कंसंट्रेशन और रोज कम से कम 6 घंटे की कठिन प्रैक्टिस की जरूरत होती है। जो लोग झुनी होते हैं, वे पसोना बहाने से कभी पीछे नहीं हटते। कनिष्क को 'शाओलिंग कुंग फू' सीखने में ज्यादा बक्त नहीं लगा। कुंग फू की शिक्षा पूरी होने के बाद कनिष्क भारत लौट आया। कनिष्क का बस एक ही पैशन है, शाओलिन कुंग फू

वह ऐसा पहला भारतीय बन गया था, जो शाओलिन में रह कर कुंग फू सीख रहा था।

Deadly Art

With कनिष्क शर्मा



अनेक यहुगात्रीय कंपनियों के अधिकारियों और पॉइंटों को ग्रैम रिमीत्र करना भी सिखाता है। नेशनल ग्याग्राफिकल चैनल के एक कार्यक्रम '7 डेयली आर्ट चिद प्रथम कुमार' में वह अक्षय कुमार को शाओलिन कुंग फू और पागथाई की कला सिखाते नजर आया। इसके साथ ही वह दिल्ली दूरदर्शन, स्टार प्लस पर भी अपने कार्यक्रम प्रस्तुत कर चुका है। उसने एक मूवी भी साइन की है। यह ब्रूमली म्वाइन की एक ऐक्शन मूवी है। उसका ट्रीम प्रोजेक्ट है, गुडगांव में भारत का पहला शाओलिन टेंपल स्थापित करना, जो जल्दी ही पूरा होने जा रहा है। यहां पर वह लोगों को 'कुंग फू' की शिक्षा देगा। इसके अलावा वह नए कुंग फू इंस्ट्रक्टर भी तैयार कर रहा है। वर्षों पहले हमारे किसी पुरखे द्वारा शाओलिन तक पहुंची मारालन आर्ट की यह कला अगर एक बार फिर अपनी जमीन पर वापस लौट रही है, तो इसका पूरा श्रेय कनिष्क को दिया जा सकता है। **वेल्डन कनिष्क!**

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Qwi

1. 'जंबो' नाम से पुकारे जाने वाले इस भारतीय गेंदबाज ने कपिल देव के सर्वाधिक टेस्ट विकेट लेने का रेकॉर्ड तोड़ दिया?
(ए) हरभजन सिंह (बी) अनिल कुंबले (सी) जहोर खान
2. विश्व जूनियर शंलरज चैंपियनशिप का खिताब किसने जीता है?
(ए) पी. हरिकृष्ण (बी) कोनेरु हंपी (सी) ज्योति रंधावा
3. बंजबु क्रिकेट स्टेडियम कहाँ है?
(ए) श्रीलंका (बी) भारत (सी) बांग्लादेश
4. एशियन गेंदबाजों का संकाय किस खेल से है?
(ए) हॉकी (बी) क्रिकेट (सी) फुटबॉल
5. लॉकी में सबसे ज्यादा गेंदबाजों का रेकॉर्ड किस खिलाड़ी के नाम है?
(ए) सुहैल अहमद (बी) धनराज किर्लोस्कर (सी) प्रदीप जॉर्ज

कनिष्क शर्मा

को घर-घर में पहुंचाना और इसके लिए वह गंभीर प्रयास कर रहा है। वह कई स्कूलों में कुंग फू की डेमो तो दे ही रहा है।

गिनायतन पैसा नहीं को रहे और जो बड़े बाले हैं का

study at the Temple," he says. "Of course, the level of training differs greatly, because the old and dedicated masters choose to stay in the Temple than leave it to set up money-making schools. For them, it is an art and holds more spiritual meaning. What these institutes and schools also do is facilitate student visas for foreign students. There is no such thing at the Temple. They don't interfere in any way with the paperwork. Because of that, I've had a bit of a problem, but I'd still not go anywhere else."

Amidst plans of opening the Shaolin Temple Secular Disciple Union, India, extensive travelling, training Bollywood stars, corporates and institutes, Kanishka stresses on the importance of the practical application of the martial arts in daily life. Maybe being an MBA and regular jobholder with Reliance till 2001 has something to do with it, but Kanishka understands the

physical and mental stress levels that everyone faces. "It's only natural to use these arts because of their basic principle of aligning the mind and body. The regular practice of some techniques is known to have longlasting positive effects on paralysis and many other ailments. It's a way of life...not just a form of defence or offence."

Terrific Twister

Therapeutic uses aside, Kanishka also advocates these arts for self defence and many such other benefits. "Right now, if I want, I can lock you in a position in which you won't be able to move any part of your body. And I don't need to be powerful or quick to do it." Intrigued, I ask him to show me (adding, as an important afterthought) if it's not too painful. Kanishka asks me to relax my body, holds my right hand, and twists it in a way I didn't think possible. There is no pain. But when I try to move

my left hand, darts of burning pain shoot through my entire body, freezing me against my will. Kanishka's grip is relaxed, and he is not using any physical force whatsoever. Cool, huh?

Cool factor aside, Kanishka is as regular as the next person walking on the street. "I like going out to the movies and hanging around with my girlfriends too." Girlfriends? I ask. He smiles. "Shaolin is not the hellhole of discipline it is made out to be. The discipline levels at Shaolin are quite high, and at most times, they take a lot out of you, but there moments of respite also. We meditate and control ourselves. Outside of the Temple, we are just like anyone else. Just that we don't experience anger or frustration, and we're not excitable. We go through our lives in a systematic manner, and enjoy it to the hilt in good health and a happy mind," he sums it up. &

"When Buddhist monks started training in the martial arts, it was basically to protect themselves from bandits and robbers."



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physical and mental stress levels that everyone faces. "It's only natural to use these arts because of their basic principle of aligning the mind and body. The regular practice of some techniques is known to have longlasting positive effects on paralysis and many other ailments. It's a way of life...not just a form of defence or offence."

Terrific Twister

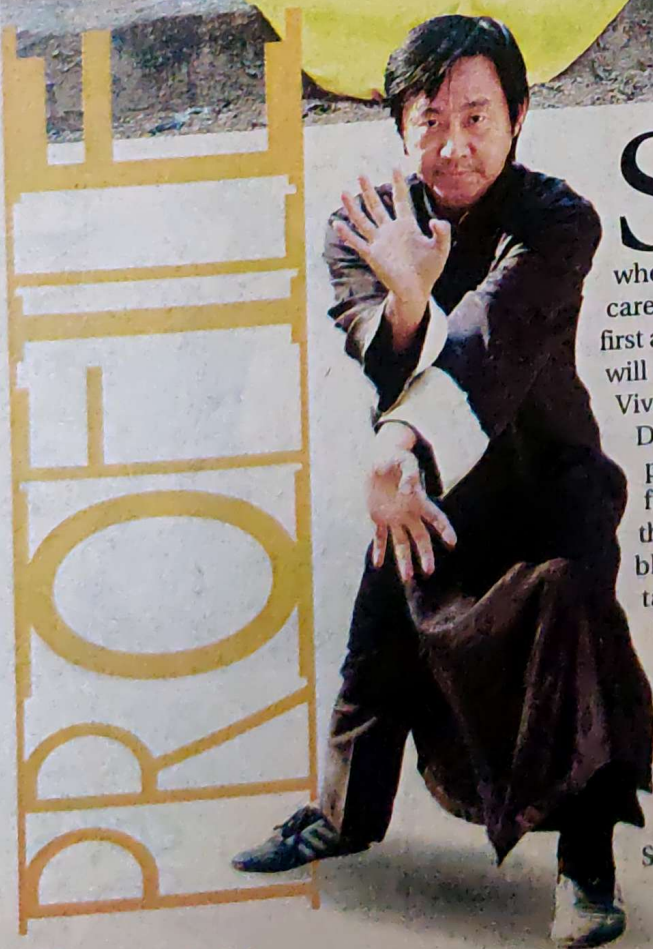
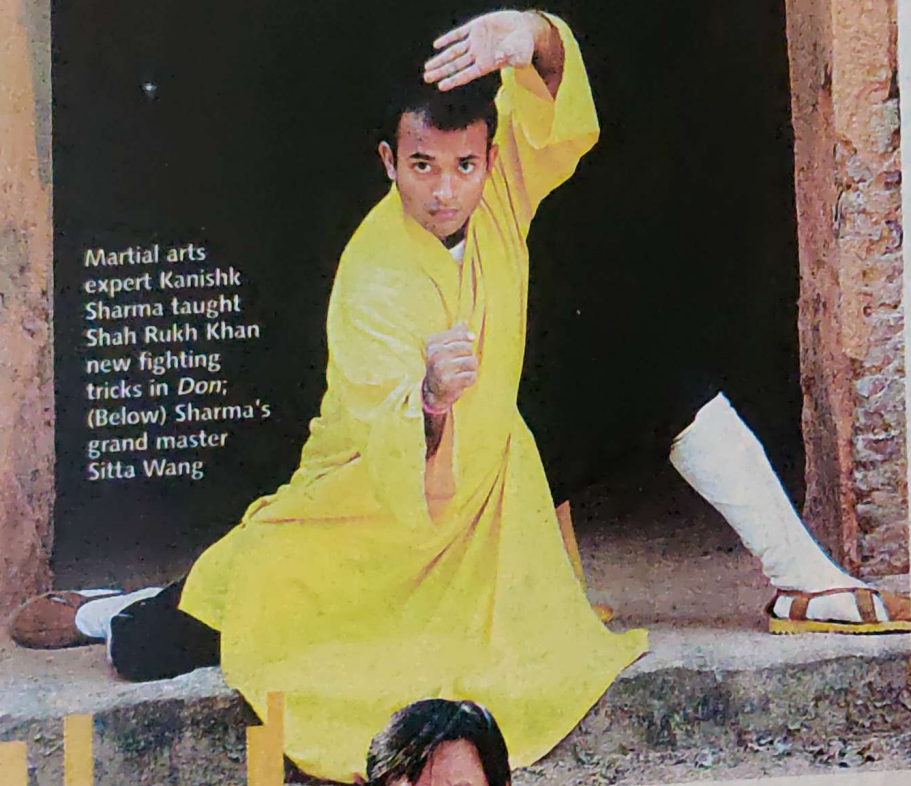
Therapeutic uses aside, Kanishka also advocates these arts for self defence and many such other benefits. "Right now, if I want, I can lock you in a position in which you won't be able to move any part of your body. And I don't need to be powerful or quick to do it." Intrigued, I ask him to show me (adding, as an important afterthought) if it's not too painful. Kanishka asks me to relax my body, holds my right hand, and twists it in a way I didn't think possible. There is no pain. But when I try to move

my left hand, darts of burning pain shoot through my entire body, freezing me against my will. Kanishka's grip is relaxed, and he is not using any physical force whatsoever. Cool, huh?

Cool factor aside, Kanishka is as regular as the next person walking on the street. "I like going out to the movies and hanging around with my girlfriends too." Girlfriends? I ask. He smiles. "Shaolin is not the hellhole of discipline it is made out to be. The discipline levels at Shaolin are quite high, and at most times, they take a lot out of you, but there moments of respite also. We meditate and control ourselves. Outside of the Temple, we are just like anyone else. Just that we don't experience anger or frustration, and we're not excitable. We go through our lives in a systematic manner, and enjoy it to the hilt in good health and a happy mind," he sums it up. &

Shaolin star

Martial arts expert Kanishk Sharma taught Shah Rukh Khan new fighting tricks in *Don*; (Below) Sharma's grand master Sitta Wang



Should Kanishk Sharma think about a change of career? The Shaolin master who chucked up a corporate career, is about to make his first appearance on screen. He will make a movie debut in Vivek Agnihotri's *Goal* as Debashish, a Bengali soccer player who is also a kung fu expert. Sharma's also the fight coordinator of the blockbuster *Don* and has taught Shah Rukh Khan a boxful of new fighting tricks. "That was a dream project. I have always wanted to showcase martial art in Indian cinema," says Sharma.

On a sunny afternoon, Sharma, dressed in a yellow

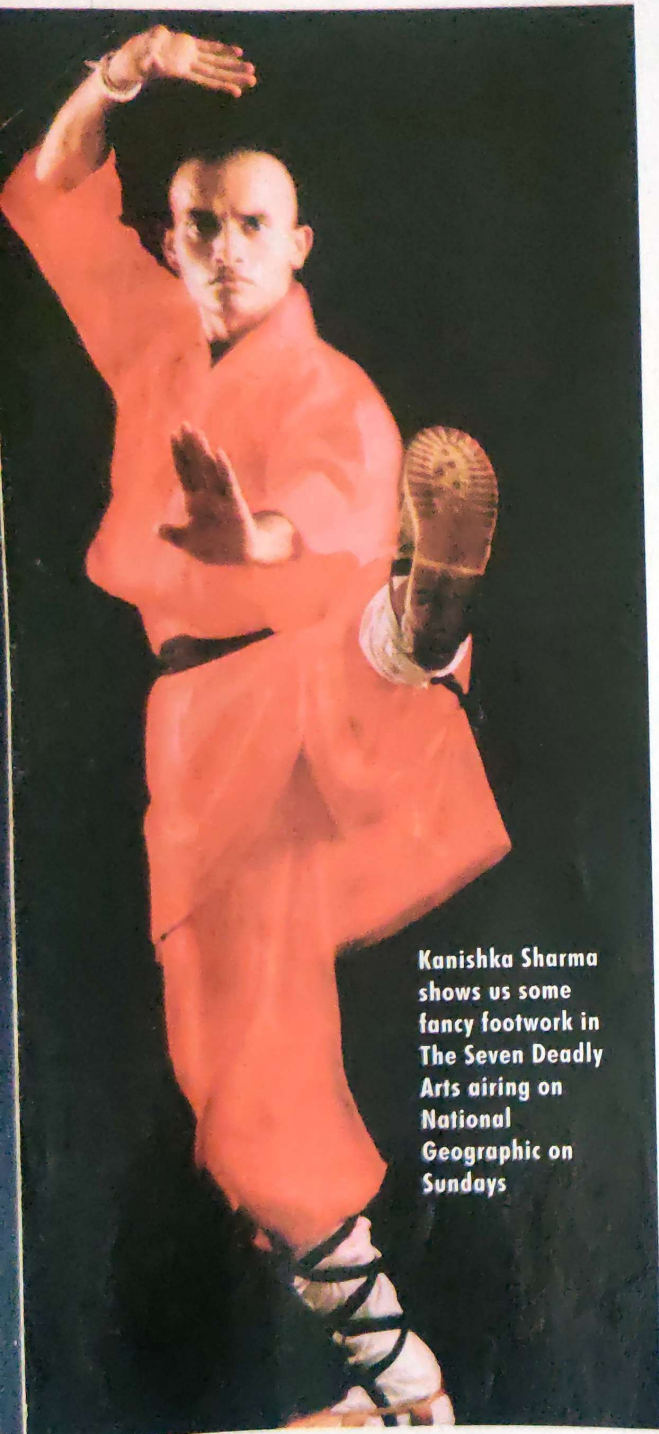
Martial arts expert Kanishk Sharma is giving Bollywood a new fighting spirit, says **Hoihnu Hauzel**

Shaolin robe, willingly demonstrate the stunts and fighting moves that are on show in *Don*. He's accompanied by his grand master Sitta Wang who has come all the way from China. "We use four styles of martial arts," says Sharma.

Cut to the opening fight which has Shah Rukh Khan do the Shaolin Tuand to ward off an opponent. In another scene, he disarms an armed man using police kung fu (used by the Taiwanese police). In his fight with Arjun Rampal he uses 'trapping hands' or Jeet Kune Do which was developed by Bruce Lee. And in the climax fight with Boman Irani, it was Shaolin Lian Huan boxing that wins the day for Khan. "Training them was an experience," says Sharma who personally trained Khan at his Bandra home for two hours everyday for a month.

It was his work in *Don* that landed him the job as fight choreographer in *Goal*. "What better break could I have asked for," says Sharma who feels his hard work has paid off. After more than 20 years of vigorous training, Sharma who is trained in different forms of martial art: Okinawa Te, King Kung I, *kalaripattu*, Chinese kick boxing, says things are looking up. "I learnt all this in India from various masters but I have always wanted to learn the Shaolin style in its true form in China," he says.

So, in 2001, he packed his bags and landed in Hainan province in China.



Kanishka Sharma shows us some fancy footwork in *The Seven Deadly Arts* airing on National Geographic on Sundays

KANISHKA SHARMA

Just for kicks

BY ANOOTH VISHAL

He's the guy you don't see in the promos. The one in the star's shadow. It's rather unfair though that actor Akshay Kumar is getting to hog all the limelight. By right, more than a bit should fall on Kanishka Sharma. The martial arts instructor is the first and only Indian to have taken training at the fabled Shaolin Temple in China. The Noida boy who now runs a martial arts institute training tiny tots and corporates alike for 10-12 hours each day, gets to star opposite Kumar in National Geographic's latest programme, *The Seven Deadly Arts*, every Sunday, prime time.

Sharma got an offer from the channel after the producers saw his 52-episoder on Doordarshan called *Synergy of Martial Arts*. In the new programme, he's Akshay Kumar's kung-fu instructor. So, does Bollywood's self-proclaimed *Khiladi*, professedly a black belt from Bangkok, know his martial arts? "Ya, the filmi type at least," Sharma will not say more. What he does stress though is what he calls the essential philosophy behind these arts: "Peace; the futility of violence."

If that surprises you, Sharma elaborates, "Violence should be the last resort." No unnecessary baddie bashing then, eh? **B**

THIAN KIAT NG

Chinjabi conqueror

BY ANOOTH VISHAL

The most popular cuisine in Singapore, Punjabi, is Chinjabi — Chinese to you and me. Rarely have chefs walked the fine balance of delectable and American chopsuey staple menus and still retain Saturday. But there are notable exceptions: chef Sam Wong and Taipan, and the capital's classiest Chinese chef at The Oberoi, managed to do it. Taipan, under Sam's gentle hand, has a place to be seen for power lunch.

Therefore, when he quit, the chefs were a worried lot. Would the dishes remain as delectable, the duck as crispy? Thian Kiat Ng says no, worry. The signature dishes of a new chef from Singapore — who has added his own touches. Instead of fried prawn clichés, Thian dishes a startling prawn in mayonnaise, very unusual if not Chinese. A minced duck with some crunchy waterchestnut served on a bed of...

Before joining The Oberoi, Thian was an executive Chinese chef, Thian...

KSEMYA MEHRA

Talent + young age = prodigy?

BY ABHILASHA OJHA

That Ksemya Mehra is talented is not

not amazing. That she doesn't look at the synthesiser and talks to you while getting the tunes right is. You see, that's what 'lil Ksemya Mehra is. Loving her Barbie dolls, demanding attention, but in total sync with her music.

But is it enough to make claims that she's a prodigy? Yes, she's talented, but can she be placed on a pedestal yet? In the name of "encouragement", is it fair to declare that she



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Words: Shradha Bivani



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B Duan Jin—Qi gong

During the Southern Song Dynasty in China (1177-1279 AD), the famous General Yue Fei developed a set of 12 exercises to train his troops, and some contend they were a source of the Eight Section Brocade style.

1. **Using the Heavens with the Hands**
Works upper back, neck, shoulders, arms and legs.
2. **Drawing the Bow and Letting the Arrow Fly**
Works shoulders, arms and thighs.
3. **Separating Earth**
Works middle and upper back, shoulders and stretches spine.
4. **Wise Owl Gaze from Side to Side**
Works neck and upper back.
5. **Big Bear Turns from Side to Side**
Works hips, lower back, thighs and knees.
6. **Punching with Angry Eyes**
Works thighs, lower back, knees and shoulders.
7. **Touching Toes & Bending Backwards**
Works lower back, hamstrings, abdominal hips.
8. **Spanning on the Toes**
Works calves, thighs and lower back.

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During the Southern Song Dynasty in China (1127-1279 AD), the famous General Yue Fei developed a set of 12 exercises to train his troops, and some conventional ones were a source of the Eight Section Brocade-style

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2. **Drawing the Bow and Lifting the Arrow** Works on the shoulders, arms and wrists.
3. **Separating the Heavens and Earth** Works on the middle and upper back, shoulders and stretches spine.
4. **Wise Owl** Sits to side, works neck and upper back.
5. **Big Bear** Turns front side, works neck, lower back, knees and shoulders.
6. **Pushing with Angry Eyes** Works on the neck, lower back, knees and shoulders.
7. **Touching Backwards** Works on the lower back, lower back, abdominal, hips.
8. **Spawning on the Toes** Works on the calves, thighs and lower back.

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1. Dressing the Shaolin warrior

Being the Shaolin warrior, Kanishka wears a yellow robe with a high collar and a decorative sash. He also wears a black belt and a black headband.

2. Drawing the bow and letting the arrow fly

Works: Works on upper back, shoulders, arms and thighs.

3. Separating the hands and feet

Works: Works on middle back, shoulders and groin.

4. When the bow is full

Works: Works on hips, lower back, upper back, thighs and knees.

5. Big bear

Works: Works on neck, shoulders, arms and thighs.

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4. **Wide Owl** Turns from side to side. Works neck, lower back, thighs and knees
5. **Big Bear** Turns from side to side. Works neck, lower back, thighs and knees
6. **Punching with Auyi's fist** Works thighs, lower back, knees and shoulders
7. **Touching Ties & Denying Rank** Works neck, lower back, shoulders and abdominal hips
8. **Beating on the loon** Works chest, thighs and lower back