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**CONNECTICUT'S FINEST KARATE
& KICK-BOXING FITNESS CENTER Inc.**



*Sensei Nazim Ali
Connecticut's Finest
Karate & Kickboxing Fitness Center, Inc.*

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CFKA
Feel The Power

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ORIGIN OF THE MARTIAL ARTS



The MARTIAL ARTS has a rich and complex past. Its history has been woven together like a tapestry from many countries, philosophies and cultures. Thousands of years ago, legend tells of a monk from India, Bodhidharma, a disciple of Buddha, who developed a system of self defense and physical and mental exercises for the protection and longevity of his followers. It is said that these exercises are the root of all traditional martial arts styles known today.

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We are Fully Certified and Insured

About Our Academy



Connecticut's Finest Karate and Kickboxing Academy, Inc. or C.F.K.A. has been in Stamford, Connecticut for 12 years. The school is conveniently located on the Post Road 5 minutes from Greenwich, Darien, and New Canaan. It is just minutes away from I-95 off Exit 6. The school is a clean and modern facility with ample parking space. The facility has separate locker rooms for men and women and a huge training area. All necessary training equipment is provided and can also be obtained at a minimal cost.

Sensei Nazim Ali has over 20 years of experience in the Martial Arts. He has a 3rd Degree Black Belt in Karate and a Brown Belt in Tai Ju-Jitsu. Professional affiliations include the E.P.K.A. (European Professional Karate Association) B.K.V. (Belgium Karate Organization) and W.P.K.O. (World Professional Karate Organization). Sensei Ali's staff of instructors is comprised of qualified, caring individuals who are committed to providing the best possible experience for our students.

Men, women and children of all ages train at our Academy. Ages range from 4 years and up. Children and adults come from all over Fairfield County and New York to train with us. Adult students are employed in all walks of life, such as, college students, landscapers, electricians, investment bankers, bond traders, bankers, factory workers, writers, policemen, housewives, doctors, lawyers, just to name a few. You train with motivated individuals in an interesting and fun-filled environment.

Instruction at our Academy is unique. We want to help individuals gain a positive attitude and confidence through training. Our goal is self respect, self control and self discipline. Our concern is for individuals to experience improved physical and emotional health through exercise.

Our belief is that training develops individuals at peace with themselves, for harmonious relationships, for respect between peoples and tolerance between cultures. Finally, we want to provide a place for our young people to meet and provide a non-competitive, controlled setting to teach discipline and needed values.



About our Training Programs



KARATE is a system of unarmed fighting using kicks and hand thrusts. Traditional **KARATE** focuses on **KATA** (pre-arranged sequences of movements) and techniques training. Kicks and punches are usually pulled to avoid injury. Sport and full-contact **KARATE** students train to score points and to win in competition. You are required to wear a **Gi** (or uniform) and you earn a **BELT** as you master each level of training. Training involves repetition of forms and structured drills. Methods vary in all **DOJOS** (or training halls) and is influenced by the

instructors expertise. All styles have great speed and devastating power. What style works best depends on the specific situation. Sensei Ali teaches a form which combines exercise, and the Okinawan Shindo-Ryu Karate style which emphasizes strong, linear offensive techniques and soft circular, defensive techniques and **KATA** practice.

KICKBOXING

KICKBOXING is a cross between **BOXING** and the traditional **MARTIAL ARTS**. Training sessions include jogging, building up the body to take punishment, stretching, skipping and weight training. Preparation for fighting includes bag work, hook and jab pad work, techniques training and sparring with a partner. You are not required to wear a uniform and you do not have to earn a belt. Prior experience is not required but is helpful.

KICKBOXING appeals to many different types of people. Martial Arts students want to see whether they can really fight. Men and women want to train for the fitness aspect of it. It is more stimulating than other ways of staying fit. In fact, there is no better way to lose weight, tone muscle and build self-confidence. You can quickly master self defense techniques.



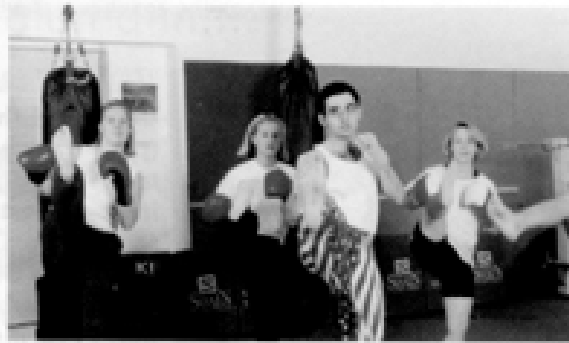
THAI BOXING (or MUAY THAI)

THAIBOXING is a national sport in Thailand. It is technically very similar to **KICKBOXING**. Fighters use gloves but no padding on the feet. Grappling in a standing position plays a much bigger part in **THAI BOXING** than in any other hitting style. A favorite on-guard position in the ring involves holding fists at the same height on either side of the head. This gives protection against kicks. The shin is used both as a striking and defending part of the body, and one of the favorite methods of weakening an opponent is to strike him on parts of the leg and upper arm, using the shin bone. Elbows and knees are used to hit an opponent, **THAI BOXING** is a tough sport and preparation is grueling. **THAI BOXING** can be practiced in conjunction with **KICKBOXING**.



AERO KICKBOXING?

It is the latest in AEROBICS workout. It combines AEROBICS, BOXING, KICKBOXING and MARTIAL ARTS techniques. A workout may vary depending on the school. Many of the techniques used in KICKBOXING are similar: punches, (jab, cross, hook, upper-cut) and kicks (roundhouse, front and side kick). For example, a routine exercise might consist of a series of punches and kicks, plus some bobbing-and-weaving maneuvers, shadowboxing, Kickboxing combination moves set to music. Prior experience is not required but is helpful. It is a great way to have fun while burning up lots of energy. The boxing routine tones your upper body, step moves and kicks work your lower. It can trim you down and firm you up FAST.



Ray Hamilton sparring with Sensei Ali

PERSONAL FITNESS TRAINING

Train at your own pace in KARATE or KICKBOXING. Choose a convenient time and place. We can come to your home or office gym, or you can train at our facility (DOJO).

A private workout will help you concentrate better and gives you the individual attention you need to excell. Master each level of training faster. Our program is custom tailored to fit your specific fitness goals or needs.

STARTING AN EXERCISE PROGRAM

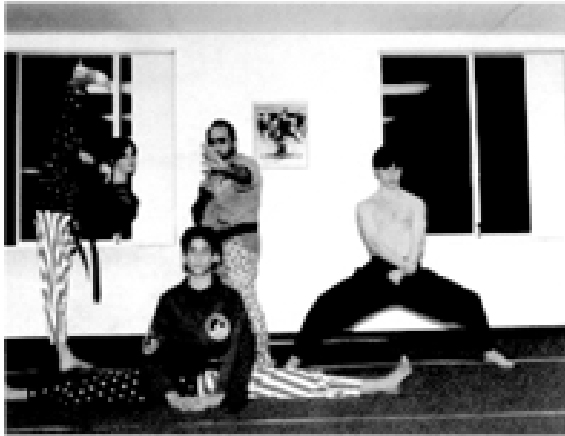
Failure to keep your body in good shape leaves you open to injury and illness. It is important to tailor your program to fit your abilities and special needs. Appropriate activities will depend on your age, endurance, health, and any pre-existing medical condition. Please consult your physician before starting an exercise program. You may have to avoid some kinds of exercise or adjust your level of activity. You will be required to sign a waiver indicating release from any liability due to your martial arts activity.



No one is ever too out of shape or too old to become fit.® Sensei Ali



GENERAL BENEFITS



The training involves conditioning exercises and drills that greatly improve mental and physical health.

- You increase your stamina, endurance and strength.
- You tone your muscles in the upper and lower body because you use both legs and arms.
- You condition your reflexes as you learn to dodge blows.
- Stretching exercises increase your flexibility and elasticity.
- You improve your balance, coordination, posture and general movements as you

learn the different moves, stands and rhythms.

- The punching and kicking relieves stress and tension.
- If you are overweight, the workout help you lose fat and develop a healthier, firmer body and increase your muscle.
- Punching, kicking and yelling help you overcome shyness.
- You relieve stress and tension
- As you learn to move and control your body, you become more confident and assertive.
- Repetition of forms teaches you discipline and concentration.
- You learn to focus your body strength and mind.
- You learn **SELF DEFENSE** and feel less threatened by new situations

BENEFITS FOR OUR YOUNG STUDENTS

- Great activity for a child who is not team-oriented; it presents a personal challenge, not as a competition against others.
- Helps your child's ability to concentrate and boosts self-confidence.



- Provides release for an aggressive child in a controlled setting.
- Repetition of forms teaches self-discipline.
- The structured drills that involve punching, kicking and yelling help to overcome shyness.
- Helps child improve Eye-Hand coordination, Balance, Posture and general movements.
- Improves child's health through exercise.
- The child acquires self-defense techniques.



What is Success?

Success requires desire, dedication, perseverance, courage, character, and skill.

Courage: Requires boldness, nerve, and control of your fears.

Character: Is what you stand for, the yardstick by which you are measured.

Desire: Combines wishing-dreaming-craving-needing with doing!

Dedication: Requires real commitment, faith and patience.

Perseverance: Requires endurance, suffering, tenacity, and belief in yourself and your cause.

Skill: Requires consistency, applying what you learn from failures, and a passion to improve and to hone your talents.



SUCCESS BREEDS EXCELLENCE.

THE WAY OF KARATE

Students coming to the DOJO for training choose KARATE or KICK-BOXING to be a part of their Life. In order to fully develop yourself in this field you must understand the concept of the DO which means the way of Karate.

Loyalty and Respect are two important aspects of the DO.

RESPECT: You must realize that Sensei always has your best interest in mind. He is trying to figure out the most effective program and provide the best possible training. Respect should come as a natural sign of appreciation. If you do not agree with that perhaps you should reconsider the state of your mind or simply leave the DOJO.

LOYALTY: You might or might not be an active DOJO student; You might take some time or even go to a different DOJO, it does not matter. You still have to remember that Sensei has done his best to help you learn THE WAY of KARATE or KICK-BOXING, develop a stronger Character and improve your Personality. Therefore, you must appreciate the amount of time and effort he has put in teaching you and always pay him Respect.

If you do not understand this basic concept

- Sorry, but you have not found The Way yet.

Greenwich News 35

Vol. 10 No. 10 October 1988

FRIDAY, DECEMBER 1, 1988

GREENWICH, CONNECTICUT



Greenwich's Cheryl Howard spars in both legs from Newark, N.J., owner of Connecticut's Fibert Karate Academy.

Photo by Mark Conard

Ali trains local women in the art of kickboxing

By NIKKI WHITE

After Jose Williams had a conversation on a New York City subway that she'd coffee-fueled, she decided it was time to fight back. So she did what any martial artist would do: she learned to kick low.

"I had an experience on a train in Manhattan and I just totally exploded," said Williams, who is enrolled in a kickboxing program at Greenwich's Fibert Karate Academy, located at 1000 Greenwich Avenue in the Greenwich-Hamden locality. "I decided it was time to do something about learning how to defend myself, and a neighbor suggested I come here. Now I'm more capable of protecting myself if I really had to. And the workout is just challenging."

Williams is just one of a number of Fairfield County women who train with the school's owner, Cheryl Howard, a third-degree black belt, who's been teaching karate and kickboxing for 15 years. "Karaté is the form that kickboxing is a more practical approach to self-defense, using the combination of punching and kicking as more aggressive than the striking and defensive techniques found in other forms of karate."

"Karaté has forms of self-defense," said Williams, who was a professional kick boxer in Europe for eight years. "The kick boxing and especially the training, are more aggressive and more effective in defending yourself. The two are much more aggressive, therefore giving you a better chance to defend yourself."

In addition to learning how to control self-defense techniques, Howard stresses that training to master your body

and mind health conditions and self-defense that can be applied in everyday living.

"Learning the techniques I teach my students means that just a physical act of self-defense," said Howard, who was born in Newark, N.J., and moved to Greenwich, R.I., before coming to the United States eight years ago. "The whole thing is to make sure they learn to breathe and relax, body and spirit. When you learn to master the two together that you are in control. You can apply that self-defense to everyday living."

Every day you're old. You think has been learning with Natasia for the past three years, starting when Natasia taught in the basement of her house. "She knows all kickboxing techniques like the aggressiveness, the physical workout and the feeling of confidence. I was terrified at first."

"Not having to work harder and doing physical than the martial art, and I was generally shy," said Natasia, a graduate artist and life model. "It increased my strength, outer core and self-esteem. Now I feel I can take to the street. I'd know what to do and how to use my strength. I know what to do and what to do and how to use my strength."

Added 16-year-old Sherry Turk, "I've only been in for three weeks and already I have a good feeling about myself." Turk said, "Now I feel I could do it on my own in a perfect world."

Before the actual technique instruction begins, Natasia puts her students through a series of stretching exercises followed by a rigorous warm-up, consisting of conditioning. Students spend six to ten minutes warming up and go through sets of

pushups, sit-ups and aerobics and stretching skills done in three-minute intervals. "The warm-ups are the aerobic foundation of the program as an added benefit."

"The workout is better than any aerobic program you'll ever go to," said Williams, jumping for joy after the completion of the conditioning regimen. "The whole workout is a great experience. As really pushed me further than what I could have done on my own."

"When I feel some pain, I wouldn't do those pushups," Turk said. "I never dreamed I would

KICKBOXING

be able to do 50 in just three weeks. The fitness instructor, but you really feel great afterwards."

When a student first enters the program, Natasia brings her in for the first time, sparring with the instructor lightly to start the growth of their confidence.

"From now I want the student to start striking," said Natasia whose eyes fully opened with a feeling that the heavy bags, a weight room and more of the student's technique. It starts to build their confidence and shows

them they do possess strength they may not have been aware of. "You build confidence through the actual striking. The students I have been all work hard, and they make me proud."

"It's not unusual to see Natasia get out the gloves against the box, which helps the student prepare for a possible real life situation. The women start to get comfortable at all, in fact, and feel very comfortable with it."

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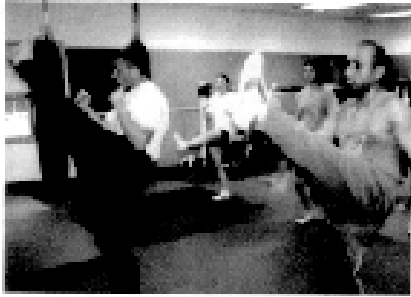
"I know I don't have to hold back against a man," Turk said. "I never dreamed I would

ing and kicking in three before the next. Everyone is equipped with boxing gloves and pads that cover their feet, elbows and shins. When students start sparring, they wear one of the heavy bags, practicing kicks and punches.

The class class with various striking exercises, followed by a five-minute meditation period. Natasia finds that meditation is necessary to relax the body. Through meditation, students develop harmony between mind and body. Maggie French, a 16-year-old nursing student, said she is in tune with the mind, body and spirit.

feel movement that Natasia can see through his teaching methods.

"We practice the idea of balance within the body," French said. "It's a very quieting movement form. Kickboxing with individual and really the importance of being in touch with the life source."



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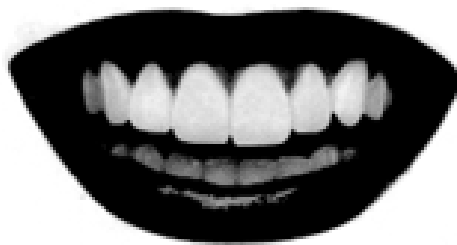


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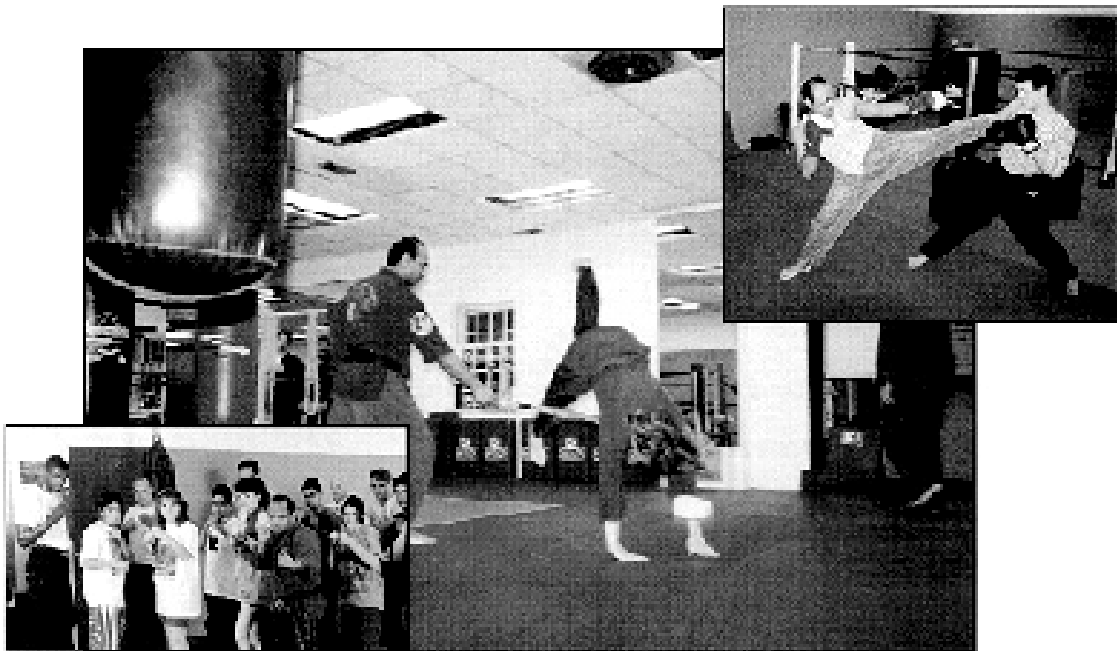
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Classes P/Wk	3 Months	6 Months	9 Months	12 Months
1 Time	\$142.00	\$267.00	\$392.00	\$511.00
2 Times	\$253.00	\$476.00	\$683.00	\$911.00
3 Times	\$297.00	\$558.00	\$801.00	\$1069.00*

* Includes Free Uniform and T-Shirt with 1 year membership 3 times/week

Membership, Registration and Federation Fee are included in the price.

We Offer:

- Private and Semi-private Classes
- Special Discount for Family Groups (3 or more)
- Corporate Discount Program

Activities we Offer

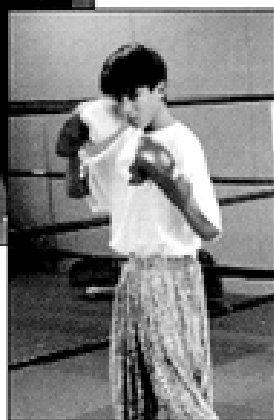
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Senceel Ali showing proper kicking style



We were featured in....

The News-Times

No. 112, No. 88 Copyright 1994 The News-Times, Danbury, Connecticut

TUESDAY, MARCH 21, 1994 AT THE NEWSSTAND 50¢

Some will say bye to 203 area code

By Mark Longtin
More than a dozen communities in Fairfield and New Haven counties, meanwhile, face a high probability that they will lose the 203 area code.

It may be in Litchfield County, though, that a date with the printer for new business cards, it could be that beginning in October 1995, just as the code will be 800.

The state Department of Public Utility Control issued a draft decision yesterday approving a second area code for every town in the state except those in Fairfield and New Haven counties. The intended number of fax machines, computer monitors, and cellular phones, in addition to landline telephones — all receiving two

telephone numbers in those towns is massive, set of numbers, which forced the state.

Business was waiting for the SPUC decision for obvious reasons.

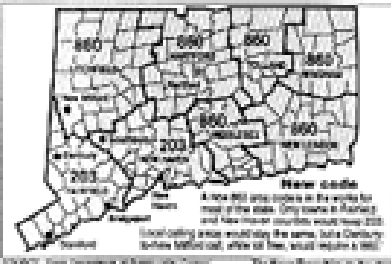
"Our intention isn't going to change and we don't have any other operations in Connecticut," said Thomas Carbone, spokesman for Sprint in Connecticut's Danbury headquarters.

The SPUC expects to issue a final decision on March 26.

The decision would leave in major urban areas in the 203 area code. Those cities are Danbury, Shelton, Bridgeport, New Britain, Waterbury and Meriden. And that would leave about half of the business and residential customers.

But the decision would split Woodbury Telephone in half, and three Ward, the company's operations manager.

It said 80 percent of Woodbury Telephone's 18,000 customers live in Southbury (New Britain County) and would keep the 203 area code. The other 80 percent live in Danbury and Woodbury (Litchfield County), and would get the new area code.



Left: "The Sweet Kickbox" Steve Taylor, of Stamford, delivers a kick to Steve Taylor of New York City during last night's kickboxing fight at Allegator Alley in Danbury. Steve was the loser.

Kickboxing violent, but folks like it

By Robert Miller
The "Sweet Kickbox" Steve Taylor, of Stamford, delivers a kick to Steve Taylor of New York City during last night's kickboxing fight at Allegator Alley in Danbury. Steve was the loser.

"The 'Jit' Little and Martin 'Working Out' too. And while they were demonstrating of karate and judo for two hours, these were full. It was hard to watch a karate master break karate with their shoes, another to watch a jiu-jitsu fighter like a cat, then years after the day in a barn of books, books and jiu-jitsu. "Kickboxing? It's the real thing," said Steve Johnson of the American Martial Arts Training Academy of New Fairfield. "It's a little more aggressive, a little more violent, a little more hands on."

Steve knew of the city because of Little and Vio. The names of Allegator Alley, Danbury Karate and Judo, Steve knew, had already had one full contact martial arts demonstration at their last street fight, organized by Bob Clark — a martial arts expert who works as a boxer at the bar — and were eager to take the next step.

Students protest

By Patrick O'Neil
BARKFIELD — Karen Peckham, a nursing student at Norwich Community College, doesn't want to drive to Danbury for career counseling, career placement and other services. But she and others will have to deal with that, because more if vocational and community colleges are exempt.

"I can't drive to Danbury," her placard read at a protest yesterday outside the Capitol. "If it happens, everything that's good about Danbury will be gone."

Sen. John G. Rowland's proposal to merge the schools into the Connecticut State University system is expected to restructure higher education by eliminating administrative positions. Budget chief Richard Jones predicted the changes will cut 600 positions for a combined savings of \$6.1 million in 1996.

Education will not suffer, Jones said, because faculty members will continue to support the state's students but at less expense.

Perhaps was missing a small group of students at a non-demonstration at Barkfield yesterday. Protesters said taking away school services is a financial burden and away from the local institutions will make it difficult, if not impossible, for them to continue.

Protesters carried signs saying, "How can Danbury be State? Let's Protest the STUDENTS, Page 4"

TUESDAY, MARCH 21, 1994

Kickboxer

Continued from Page 4

Allegator Alley's last event, ending with a full contact martial arts demonstration at their last street fight, organized by Bob Clark — a martial arts expert who works as a boxer at the bar — and were eager to take the next step.

"I've only been fighting a year, but tonight was my best fight yet," Steve said.

At midnight, Terry Sheehan of Barkfield watched intently Sheehan in studying Martin King Jr.

"But I want to be a kickboxer, if anyone will promote me," she said before the fight. After watching the winner's win and drop card after, she continued watching in her mind.

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A Sport for Mind and Body



By JOHN DEBBIE

WHILE Jean Claude Van Damme was fighting for an elusive gold dragon in his latest movie, "The Quest," all he was taking on all corners in a kickboxing ring near the Standard-Greenwich border.

"Kihwa, you come out!" Nazzari said, his voice already hoarse from triumphantly on the top rope. Edwin D. Farley climbed in, only to be cornered. Nazzari spun his arms, twisting his torso sideways while stretching his right leg into a kickboxing stance, looking in contempt.

In three minutes, Nazzari executed techniques that Van Damme takes weeks to choreograph in hairless coliseum. Every day, Nazzari climbs into a real ring to face real opponents in his very real dojo on West Main Street. Nazzari and Van Damme met, fell together, fought together and even fought each other in Belgium during the 1990's. While Van Damme

A lawyer: 'It actually helps me in my job.'

used karate as a springboard to stardom, Nazzari opted to teach, starting in 1980 at the business he named Connecticut's Planet Karate and Kick Boxing Academy.

"He's the best fighter I've ever seen," said Farley, a 36-year-old U.P.S. driver from Shelton. "Every time you throw something you have to be quick to come up with something else. He really gets it out of you."

Nazzari has been teacher about 40 students a year, covering karate as well as kickboxing, increasingly the aerobic activity of choice.

"From time to time it actually helps me in my job," explained Keith Pridemore, a 21-year-old lawyer from Old Greenwich. "It definitely enhances my focus during the day. It gives you the discipline to remain in focus when you want to quit."

Mike Van Patten, a 21-year-old Wall Street bond salesman, added, "You push past any fear you have. Sometimes I'm apprehensive about calling up a potential customer, but this makes you more confident. Since I've been coming here, my business is up 25 percent."

After Farley's round, Nazzari mentioned to Keith Rudolph, who works as a nanny in Greenwich.

"Not too many women can actually kick-box," Rudolph said. "I feel confident about what I've done in here, that I can take the children to the city or wherever."

For some, Nazzari has become a surrogate parent. Ray Hamilton, 45, of Greenwich has his three children taking lessons.

"The kids have learned a lot more discipline and respect," said Hamil-

ton. "Sometimes it's easier for them to learn it from me; they know what they can get away with at home, but they are rules at the dojo." Recently, the 45-year-old bond trader contacted his wife, Stewart, to join.

For others, making the body a weapon fosters better tuning for the mind. Karen Corkery, 33, a government bond sales assistant and mother of two from Old Cole, said "I recently had a baby and I was looking for a new form of exercise. But as I got better, I learned to concentrate more. I'm able to control my temper and use my mind instead of being it."

Disparities in age and background disappear in the sweat of a workout. People who ordinarily would never meet can be found hugging at the end of a hard round. And, for many, learning from someone who learned with Jean Claude Van Damme can be better than meeting the star himself.

"There's a certain discipline to the fact that they came from the same gym," said Hamilton. "They clearly went down different paths in life. Some" — the title means teacher — "is much more interested in the details."

Nazzari's life was not always so magical. He left his home in Kishinev in 1973, fleeing the effects of war, to live with his brother in Belgium.

"I thought I'd learn about the world over there," said Nazzari, 32. But he soon became bored in a

A mother: 'As I got better, I learned to concentrate more.'

different conflict, his dark skin an easy target for the volleys of insults fired at him by white schoolmates. Like others in his situation, Nazzari sought refuge in the martial arts. And after several repetitions, he was finally accepted as a dojo.

"I was like a kid waiting for a new toy for many, many years before getting it," remembered Nazzari. "I couldn't sleep at night."

Nazzari got enough sleep to earn his black belt at 15. He began entering tournaments, but was disqualified from many of them for making what was termed "too much" contact.

"I was looking for more of a challenge," said Nazzari, who had to travel it on the advice of Karate and Kick Boxing School in Brussels. Actually, it was the school's owner, Claude Guis, who found it for him.

"We saw me coming in with my black belt," Nazzari remembered. "I was in good shape and still training hard the way I was now so the first thing he had me do was fight."

His opponent was Jean Claude Van Damme, who even as an adolescent in 1963 had already developed his attributes, yet found style combining karate and kick boxing.

Conditioning, instruction and sparring.

"I will had my guard up like a prize fighter," recalled Nazzari, holding up his hands. "Van Damme gave me a kick to the stomach and that got me off balance. We fought every day. He had one of the most beautiful styles I'd ever seen in Belgium."

After winning two Belgian kickboxing titles, Nazzari decided in 1987 that he needed another challenge: America. By this time, Van Damme was starting his movie career. Nazzari moved for New York in the hope of teaching karate, but instead found himself teaching jujitsu in Brooklyn.

"My dreams were shattered," he remembered. "I would go to the karate schools but nobody would help me get a teaching job."

Eventually, Nazzari found work as a teacher in Greenwich, where he began teaching self-defense at the Greenwich Y.W.C.A. He also began to teach in the basement of the house he was renting with his brother. He named it with one student lost: "The last thing I knew, I had more than 20 students," recalled Nazzari. "The whole basement was full, so we were forced to start out in another house."

But that house soon became full as well. In 1988, Nazzari opened his current business. Most classes combine conditioning, instruction and sparring. Everyone must wear headgear, and only advanced students are allowed to engage in full contact.

Nazzari says he has no plans of ending his immortality in 30-minute movie films, but he is forging a legacy in his students. As Nazzari once did, a 27-year-old black belt from Greenwich, Luis Duarte, is training others in Greenwich. But he is already teaching classes at the dojo and preparing to teach full time someday.

"When I was younger, I was very aggressive," said Duarte. "Now I'm calm, self-confident. Every time I train, I want to teach them."