

Welcome to Martial Arts and Self Defense!

Contributed by Web Master
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Sifu Trey Crake Honors Chuck Norris

Chuck is Honored by the ICBA

At the event, the ICBA (International Chinese Boxing Association) honored Chuck Norris as its Humanitarian of the Year. The award is given to one person each year who exhibits unselfish service to his fellow martial artists, demonstrating Christian principles and teachings by example.

Presenting the award were Grandmaster David Grago, Chairman of the ICBA; Master Tony Jordan, US President; Master Trey Crake, Mississippi State Director, and Grandmaster Vivian Mayle, Ohio State Directory. Welcome To Martial Arts And Self Defense!

This text is replaced by the Flash movie.

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var so = new SWFObject("/images/flash/player.swf", "Intro", "266", "266", "6", "#FFFFFF");
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25.flv&affiliateID=&bufferTime=5&autoPlay=false&startStreaming=true&hasInfoButton=false&hasVideoChrome=false");
so.write("introflashcontent");
```

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