

**FILIPINO MARTIAL ARTS**

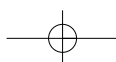
Nudda is a Sardinian word meaning 'nothing'. When you engage in a fight, there should be 'nothing' in your mind just action borne out of pure instinct and where 'YOU become the fight'.

# filipino **BOXING**

## What is NUDDA M.A.X. TRAINING™?

By Antonio Faedda (Founder of NUDDA M.A.X. Training)

NUDDA M.A.X. TRAINING™ is a martial cross training system developed by myself to improve my skills during my journey into the discovery of the Filipino Martial Arts. The majority of the techniques are based on the Boxing phase of the FMA: The main core of the system is Filipino Boxing in conjunction with the footwork and battlefield strategies found in the art of Kaliradman.



**FEATURE** MAX Training™

From that base I then developed a unique curriculum that uses Western Boxing training tools to develop reaction skills, timing, balance, body mechanic and coordination: Muay Thai to develop the use of the devastating elbows techniques as well as the use of the knees, kicks and clinches and to develop stamina and power. Some basic grappling techniques are also part of the syllabus, although our primary goal is to stay standing and never be taken to the ground. If we do end up on the floor, it shouldn't be by choice and in that event we must fight to get out of the situation ASAP, therefore we concentrate mainly on escape techniques.

If you are stacked on the ground during a street encounter, the danger of multiple opponents is a too risky option



Kaliradman checking the range

Kaliradman basic high block



Working the guard



Working from the inside



Neck control

and would make us extremely vulnerable to all sorts of trouble. The irony of it is that to get out of the ground we must first know how to survive it. With the help of my former training partner and old friend Pat Bamborough (Pat is an instructor under Terry Barnett and one of the very first blue belts under Mauricio Gomes in the UK) I spent some time training in BBJ, the main focus of our training sessions was working on escapes from the various guard positions and take downs counters, however I am certainly not a grappling expert

*Below*  
**Antonio & Valentin the Russian Bear**

and as a striker I like to fight on my feet so that's primarily what I teach.

NUDDA M.A.X.TRAINING™ is intended to be a striking art. Its aim is to develop an explosive and aggressive way of fighting that leaves very little room for counters and retaliation: it is specifically designed for urban orientated situations. It's a modern combat system that finds its roots in the training methods and attributes based approach of the ancient Filipino Martial Arts.

These techniques are the consequence of many years of rigorous training.

There was a price to pay: quite a few years back I went through a stage of overtraining that harmed

my body to such an extent that I had to nearly give up martial arts all together. After this traumatic experience I decided to take further my studies and understanding of the way our body works and become a qualified Personal Trainer and gradually repaired and reconditioned my body, managing to bring myself back to "normal". I will never regret my overtraining phase as it allowed "The Arts" to become alive in me and part of my muscle memory, however I am aware that with proper physical conditioning, a better nutrition plan and with some more rest I could have avoided years of pain as well as the risk to have to give up forever my biggest passion in life: training and teaching martial arts.

It took me (and still does) many years to create NUDDA M.A.X.TRAINING™: countless hours of research, trial and error, failure and success in the attempt to create order from the chaos that only in a "real" fight can arise. The main idea behind it was to become so proficient that I could make the beautiful Filipino



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Boxing arts work under "real pressure". As well as the "average Joe" I am currently teaching people from all walks of life: some of my students are very experienced martial artists and come from different FMA schools, some of them hold trophies and world title medals in stick fighting competitions, others have a strong Muay Thai background with many fights under their belts, some of them are MMA fighters. I train Security guards, Doormen, Bodyguards and Policemen and all of these people have found something they like with NUDDA M.A.X.TRAINING™, "it works".

So what is the difference between NUDDA M.A.X.TRAINING™ and other FMA and "cross training" systems? Well...ultimately is that it is "a system". It is an extremely detailed syllabus that nurtures you from the very beginning of your journey and aims to guide you to find your very own expression of the arts which ultimately is what FMA are all about.

It has been originally created for my very own personal and physical development, and is being tested hard enough for me to firmly believe in its efficiency, and with that confidence I am sure that many people will enjoy and benefit from training in it. I would like to stress the fact that this is not a new secret Sardinian art (an art so secret that not even the Sardinians know anything about it) and I have to thank all

the people who were good enough to share their great knowledge with me: as without their teaching all this wouldn't have been possible.

I had the honour to train under some of the best FMA instructors out there and all of them equally played an essential role in my formation, but the biggest influence in my martial arts adventure is by far Guro Terry Barnett. In my opinion what sets Terry apart from all the other equally great instructors I have trained under, is his ability to direct his students in the right path throughout the discovery of their own expression of combat. His integrity in the teaching and performing of the arts is

immensely inspiring; I can't even imagine what my journey would have been without his help and guidance and for this and many other reasons I will be forever grateful to this amazing man.

In the next article I will spend some time talking about Guro Terry Barnett and the way he profoundly made an impact in my martial arts adventure.

I hope you enjoyed reading this article and if you would like to find out more about what I teach and introduce the NUDDA M.A.X. TRAINING™ curriculum in your school, please visit the website below. Until next time, train hard and fight easy. ■



**Antonio Faedda**

Antonio is the Mastru - Chief Instructor and Founder of NUDDA MAX Training. If you would like to find out more about Antonio, what he teaches or to introduce the NUDDA MAX training curriculum into your school, do so by...

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**WHAT IS NUDDA?**  
The NUDDA Martial Arts Cross Training system is Antonio Faedda's own personal expression of close quarter range combat which has evolved mainly from his experience in the boxing phase of the Filipino Martial Arts. Elements of Western Boxing, Muay Thai and grappling can also be found within its curriculum; however its prime goal is to stay standing and not be taken to the ground. NUDDA MAX Training is entirely focused on self protection and is designed to teach you an extremely effective and direct way to defend yourself. Nudda is a Sardinian word meaning 'nothing'. When you engage in a fight, there should be 'nothing' in your mind just action borne out of pure instinct, where 'YOU become the fight!'

