

# **SOTAI:**

## **Brazilian Self-Defense & 21<sup>st</sup>. Century Fighting Art**



**Founded by a group of researchers and experts in security, criminology, law, survival and citizenship.**

**The ideology it follows and disseminate is internationally accepted as the most effective to survive in the modern world threatened by violence, organized crime, and global terrorism.**

**Sotai has been doing a pioneering work in Brazil and abroad in finding answers for the main issues concerning physical and psychological personal integrity of civilians, security personnel, police and military.**

**In order to do that Sotai publishes booklets, mpegs and gifs as a complement to its regular and customized programs.**



## Introduction

### SOTAI

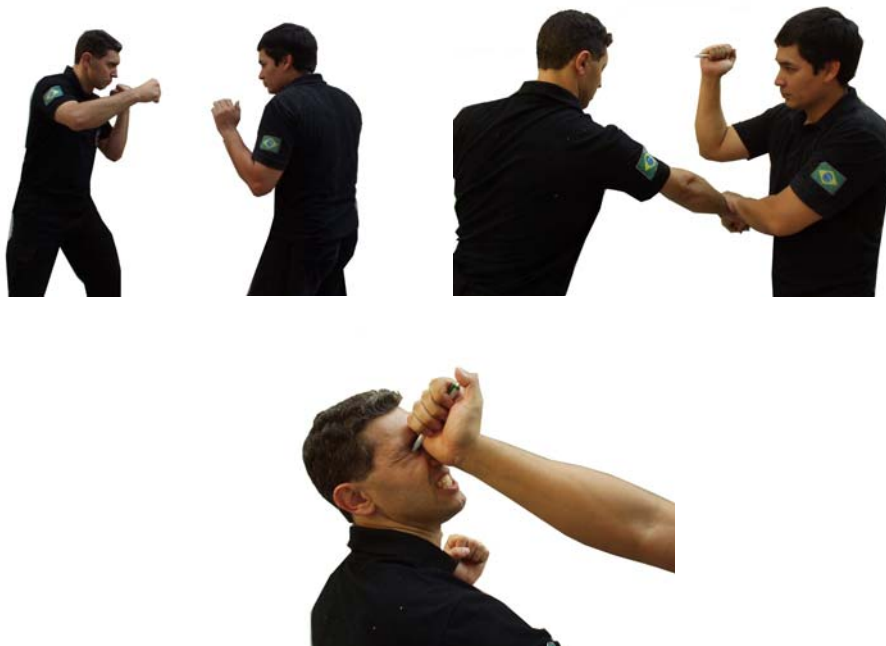
It is a center for the dissemination of a survival mentality. It aims to research knowledge, study, find answers, train, and apply them in the most comprehensive way.

**SO** – **SO**brevivência (**Survival**) – the most primary instinct, that makes the species to continue existing.

**T** – **T**reinamento (**Training**) – Necessary for perfecting the being (body, mind and soul).

**A** – **A**plicação (**Application**) – It can be defined as will, faith, and determination in the search for ideals and goals.

**I** – **I**nformação (**Information**) – an endless search for knowledge.



### SKFM – Sotai Knife Fighting Method

**SKFM** brings together martial arts, military and security training, as well scientific principals which have been studied and applied in real scenarios. This system is being continually upgraded through feedback received by the military, police, security personnel and martial artists.

This system has been developed by Ricardo Nakayama, who is an expert in Brazilian knife fighting and a master instructor in unarmed self-defense for police units and security personnel .

The basic concepts in knife fighting is relatively easy to be learnt, but this idea can be misleading as the system can be developed to a very advanced level involving a sophisticated range of techniques and strategies. The knife can be used either for attack or defense, on one or both hands, to cut and thrust or many other ways of combat. A knife is a tool which can be found in any kind environment or be adapted from many other objects. It can be easily carried, quickly drawn becoming a great equalizer giving a weaker combatant a way to defend him/her self against a stronger aggressor.



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