

AUSTRALIA'S LEADING MIXED MARTIAL ARTS MAGAZINE

# MMA SPORTS

TOP 10 DREAM FIGHTS



4 KNOCKOUT BABES

Christine

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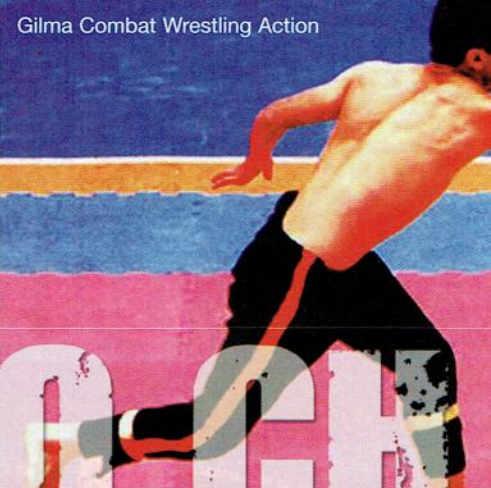
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**UNBEATEN**



Sifu Zaya Samir Odisho at the International Assembly Opening Ceremony (right)



Gilma Combat Wrestling Action

# TOA - DO CHOOB

## MIXED MARTIAL ARTS

Sifu Zaya, along with Samir Odisho brings back an ancient martial art sport of Persia "TOA Martial Arts" from Iran, following an International Invitation to experience first hand training and education for a period of ten days in this previously unknown national martial art of Persia to Australia.

TOA Martial Arts. The word "TOA" comprises of two parts with "TO" (meaning YOU in Persian) and "A" (a command to come to Me or Join Me), thus signifies the summoning of mankind to come together and unite in friendship, reconciliation, trustworthiness and join in building a global solidarity in accordance with the seven Olympic principles.

The discovery of this ignored and forgotten ancient Persian Martial Arts commenced 40 years ago with the exploitation in the remained traditional and Martial Arts proceedings among the Iranian tribes, which emerged in the form of "TOA". TOA was immediately recognised and registered as the Iranian National Martial Arts by the Physical Education Organization and the National Olympic Committee of I.R. Iran after quantitative analysis.

The existing heritage, the history of sports, physical education, and martial arts in Iran dates back to almost 8000 years ago. This is illustrated in the Earthenware bowels demonstrating group sporting

activities, or the ARJAN DISH. A touch of this culturally rich history can be found in various countries worldwide.

TOA Martial Arts consists of three martial arts styles Toa, Do Choob and Gilma. TOA martial arts grew and thrived across Iran under the supervision of the World Union of TOA Associations formerly known as Kung Fu Federation of Iran. Today it is active with over 25 National Federations around the world with over 300,000 members in Iran only.

### TOA

The empty hand combative form martial arts contains Kung Fu, Karate and Tae Kwon Do similarities, very demanding physically, mentally and the perfection in skills. In 1968 Master Mirzaei, an Iranian martial arts master using his experiences in martial arts and researching Persian martial arts history, devised and employed a new method of self defence according to capabilities, physical abilities to counter weak points and named this system TOA, with distinctive features of unarmed combat and weapons self defense.

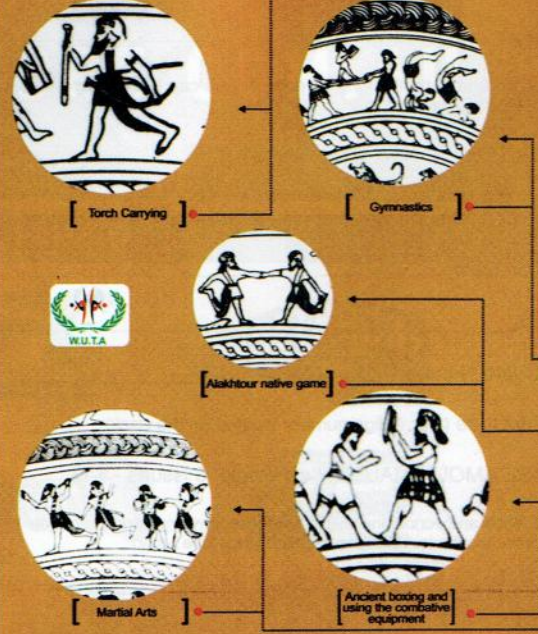
### DO CHOOB

The Double Stick organized in the form of competition combat with sticks.



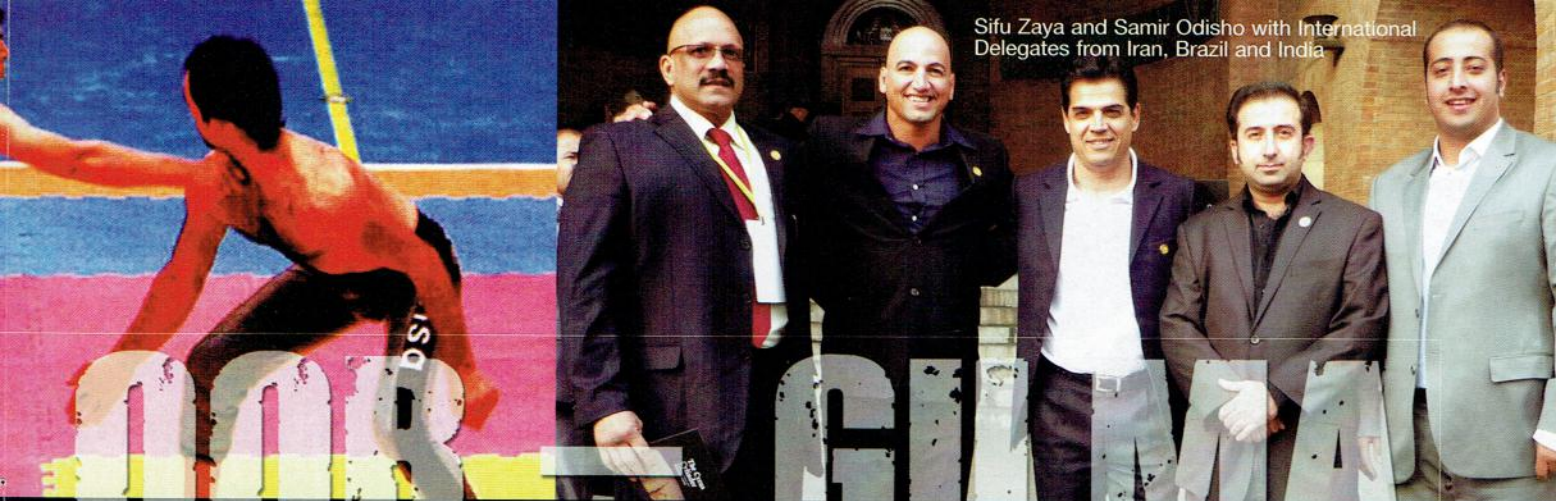
Toa Combat Sparring

5000 Years Old Dish Showing Ancient Persian Martial Arts Activates



AR  
AGE: 5000

Sifu Zaya and Samir Odisho with International Delegates from Iran, Brazil and India



# DOOBS - GILMA

## OF PERSIA IN AUSTRALIA

In the Double Stick, the application of self-defense is by the use of two sticks and the student learns how to apply them in kata movements as an effective self-defense weapon against the opponent. In Do Choob there are 17 forms (katas) in the form of 10 major style Forms and 7 are Fight Forms.

Do Choob was developed in Sis tan and Baluchistan (south east of Iran), is one of the most essential weapons in today's society due to its form movements and self defense.

### GILMA

The Combat Wrestling of Persia dates back to 1,600 years ago, with its unique mixed martial arts combat methods of open hand strikes, punching, wrestling, sweeps and takedowns. They referred to this martial art as Deylam-var. The competitions of this ancient combat wrestling use to take place in wedding celebrations, thanksgiving ceremonies following the harvesting sessions. Regardless of its historical background this mixed martial art of combat wrestling provides not only a beauty of a combat sport to the spectators, but the variety of techniques used in combat.

### TOA in AUSTRALIA

Today, the Australian TOA Federation is developing these three exciting martial arts in Australia as competition sports and the promotions of these combative sports to all martial art clubs and competition organizations. The Australian TOA Federation has already developed a team to represent Australia for the World TOA Championships and the Best of the Best of Gilma World Championships 2011 held in the beautiful cities of Iran.

Sifu Zaya is also taking these fighting arts to the next level of combat sports introducing Combat Gilma to the ring and cage under the Australian MMA Sports amateur combat sports sanction body in conjunction with the Australian TOA Federation and The World Union of TOA Associations.

The Australian TOA Federation is appointed by WUTA World Union of TOA Associations as the Australian National Authority for the developments of TOA Martial Arts / Sports. The Australian TOA Federation is looking for State Representatives to Promote Toa Martial Arts, Do Choob Double Stick Martial Arts and Gilma Combat Wrestling and Providing Instructor Certifications, Club Memberships and TOA Martial Arts Championships Authorizations. You can contact the Australian TOA Federation Secretary on 0425 220 574 or email: tcbzaya@gmail.com and for more information on TOA Martial Arts visit WUTA website [www.wuta.org](http://www.wuta.org).

By J. Phanekham for MMA SPORTS

### JAN DISH AS OLD, BELONGS TO ELAMITE ERA



Do Choob Double stick Action



Sifu Zaya and the President of WUTA World Union of TOA Associations Mr. Ali Montazeri

