

# THE RENAISSANCE MAN GRANDMASTER MAURICE ELMALEM

Photos by John Dentato

## HE IS A WARRIOR AND WARRIORS ARE THOSE WHO FIGHT...

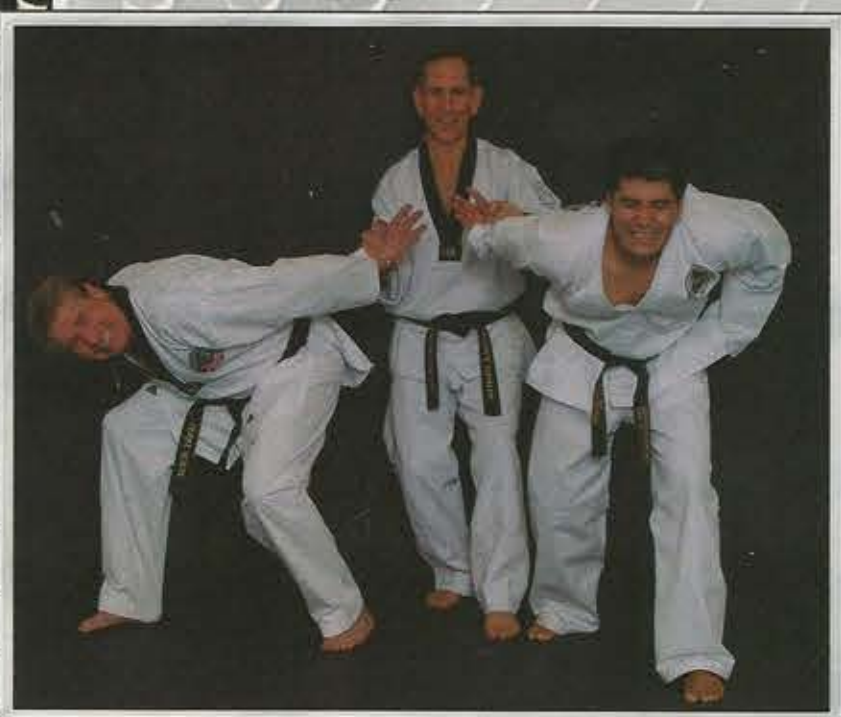
At first glance, you'll find Grandmaster Maurice Elmalem an inspiring individual with a myriad of talents. As if it weren't enough to hold the title of seventh-dan black belt with the WTF (World TaekwonDo Federation) and be known worldwide as the greatest martial arts "daredevil" alive, he also holds a doctorate in martial arts philosophy from the University of Asian Studies in Virginia and is an eight-time Guinness World Record Holder. But, it doesn't stop there. Maurice is also an avid painter, musician, sculptor, marathon runner, real estate developer, architect, general contractor, photographer, author and editor of Budo magazine, inventor, craftsman, great idealist and is fluent in six different languages.

In his forty years as a Tae Kwon Do stylist, he has become the consummated martial artist, generating praise and fame with numerous World Championships and has participated in fighting

and breaking in the Olympic Games.

His can-do attitude, outstanding self-discipline, hard work and dedication to always give his personal best, has awarded him many honors. A role model to many, Maurice has charmed, mesmerized and mentored audiences all over the globe with his unbelievable fighting and breaking demonstrations. His gift has been featured on several television shows such as ABC's Wide World of Sports, David Letterman, and The Guinness Book of World Records. Networks like the Discovery channel, Spike TV, Channel Plus, Telemundo TV and the MSG Network have also highlighted his abilities. His personal documentary has even aired worldwide on the Prime Time Fox 5 network. With a dynamic personality, vivacious energy and boundless optimism, Maurice has a way of captivating everyone around him.

A fierce competitor, Maurice doesn't mind a challenge, even if it's dangerous. In defending his World Champion titles in fighting, Maurice makes sure to knock out his opponents hard and fast, guaranteeing a vote from judges despite



taekwondotimes.com / May 2009 51

### Against a Choke Hold



Attacker executes a choke hold around Maurice's neck.

Maurice responds with a punch to attacker's jaw.

He follows with a strike to attacker's jaw, pushing the neck backwards and executing a wrist lock.

Dropping his head, he holds a wrist lock, then executes an instep front kick to attacker's face.

Bringing the right leg back, wrap attacking right arm backwards for an elbow and wrist lock.

good deal of effort and guidance from a solid master, who watches over the progress of his students' dreams. This philosophy is something he has gained through the experience of training day after day for forty years.

Competing in over 750 championships all over the globe, two Olympic Games (1976 and 1988) and three Macabi Games, Maurice has accumulated over 700 trophies, fifty gold medals in fighting and breaking and has been inducted into over 150 Hall of Fames internationally. Maurice has also performed hundreds of demonstrations in several different nations. Often questioned about his great abilities and achievements, Maurice explains that using his internal power, speed, intense focus and dynamic force helps him combine and coordinate moves and techniques for successful application. His methods, gleaned from years of training with prize-winning fighters and grandmasters from all over the world has taught him several things. He now uses psyching elements to stay on target and concentrate, while maintaining awareness of his

surroundings. He also knows that gaining momentum on your attacker will help you redirect the attack. Always executing strikes upon vulnerable areas of the body is when one's defense becomes one's offense. Taking your opponent's attacking tools out of commission will close the gap and allow you to fight effectively.

Maurice's deadly breaking techniques are world-renowned. He has performed historical and dramatic breaks to achieve his standing. In September of 2000, at the Oriental Word of Self-Defense in Madison Square Garden in New York City, Chuck Norris presented Maurice with a World Champion Belt engraved "World's Extreme Daredevil Champion." In 2003, Maurice set the new world record in Madrid, Spain, with a single downward elbow strike, breaking 105 sheets of glass measuring over 13 inches high. He has even performed before Governor Arnold Schwarzenegger at the Arnold Classic in 2004. Maurice performed a flying side kick through a burning tire, only to come out the other side to break five one-inch boards.

### Against a Baseball Bat Attack



Francisco, attacker on left, Maurice defender on right.

Attacker attempts a strike with baseball bat, but defender uses a double high block to stop attacker.

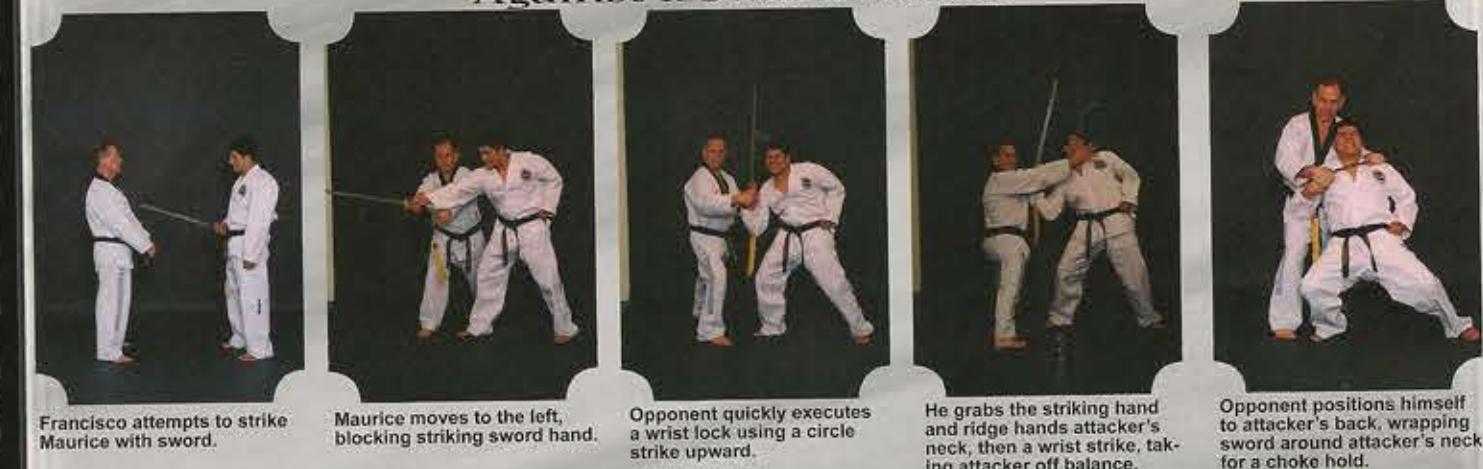
Grabbing attacker's striking hand, he executes a swipe kick to attacker's knee.

Then he executes a wrist lock downward to attacker's right hand.

Applying more pressure by pulling attacker's right hand backward, Maurice holds baseball bat.

taekwondotimes.com / May 2009 53

### Against a Sword Attack



Francisco attempts to strike Maurice with sword.

Maurice moves to the left, blocking striking sword hand.

Opponent quickly executes a wrist lock using a circle strike upward.

He grabs the striking hand and ridge hands attacker's neck, then a wrist strike, taking attacker off balance.

Opponent positions himself to attacker's back, wrapping sword around attacker's neck for a choke hold.

Governor Schwarzenegger was mesmerized and told Maurice, "Even in the movies, we don't see that. You are amazing!"

Maurice has studied at Columbia University and New York University and has been listed among the "Who's Who" in the eastern United States for his architectural designs. Engineering Report magazine recognized him as one of the country's top general contractors. He has published three books, produced and created 20 martial art DVDs and is the inventor of several patented products. Maurice's motto is "Go for your dream and just do it." He believes that you must take chances in life. To sum it all up on this great "renaissance man" who has had much success in life, we asked Maurice if he had any advice for our readers. "Remember you only live once. So do your best, take fear with pride and use it to generate extra energy in a positive manner."

For more information on Maurice Elmalem, check out taekwondotimes.com for more photos and additional information!



### Belt Self-Defense



Attacker strikes opponent with a hammer fist to head. He blocks attacker's striking hand using a belt and both hands with high block technique.

Attacker attempts a front punch strike to opponent's middle section. Opponent moves to the right, blocking the striking hand with his belt.

Opponent wraps belt around attacker's striking hand to trap attacker.

Then quickly releases belt from attacker's arm, applying choke hold to attacker's neck.

Breaking through 50 sheets of glass to earn a new Guinness world record. Photo by Alfredo Tucci