



# WORLD ORGANIZATION „LATAR DO“

[www.latardo.com](http://www.latardo.com) **Universal Martial Art** [info@latardo.com](mailto:info@latardo.com)

## STATEMENT 2.0

**1. "Latar Do - Universal Martial Art" is a new martial art** that was created in Austria in 2013. The term "Latar Do" consists of two words: "Latar" comes from the Caucasian language family and means "fight", "Do" comes from the Japanese language and means "way". The term "Latar Do" can therefore be translated as "way of struggle". The main office of "Latar Do" located in Vienna, Austria.

**2.Latar Do consists of Thai boxing and Jiu-Jitsu main techniques and has 3 parts:**

### **2.1 Free fight (similar to MMA)**

For those who want more challenge, there are the free fight with closed helmet and other protect equipment. The Fight are carried out according to LATAR DO rules.

### **2.2 Self-Defense and Street fighting (similar to Krav-Maga)**

In this part will be learned the basics,that can actually be used in practice.

### **2.3 Health Promotion and Fitness**

The best methods and exercises from the fields of yoga, gymnastics and martial arts are selected for this. In addition to general health promotion, the most sensitive parts of the body such as knee and hip joints, back, neck and shoulders are trained with special exercises for prevention and treatment.

### **3.Latar Do has a belt system**

It consists of 20 levels. From 10th to 1st level and from 1st to 10th Dan. (Dan is rank in Japanese)

**4. The World Organization "Latar Do - Universal Martial Art"** sees in the promotion of martial a tools for individual personal development and an opportunity for positive development of the societies of individual countries and the world. The health and social components are in the foreground. The organization also aims to bring the members closer

to universal ideal values such as humanity, helpfulness, fairness, humbleness, hard work and tolerance.

**5. The philosophy of "Latar Do"**, the main goal of which is not to win the competition, but to perfect your own character, should motivate to work on your own personality. (For example, in the case of tension in your environment, you should first look for a possible cause in yourself).

**6. Through training, competitions**, courses, summer and winter camps on a national and international level, are promoted intercultural and international relationships and communication between different people and nations.

**7. In "Latar Do" put the big value on children and teenager training.**

In this case promote the attitude to the healthy life, should be combined with moral values and a promote of self-confidence. Respect and discipline are conditions for effective training and a learning process. Therefore, the main goal is not to defeat someone, but to develop your own personality. Children and teenagers should also become more resistant to modern dangers such as drugs, alcohol, smoking, gambling addiction, radicalism and aggressive behaviour and learn always to give their best in the life - be it in education, career or sport.

**8. Another important area in "Latar Do" is the adult training.**

Here will be message, that competitive sport is an optional goal, but the lifelong promotion of own health is an obligatory matter. With "Latar Do" training the adults support their health, learn the self-defense, could pass belt-test and get lifelong system to promote the body, spirit and mentality.

**9. The "Latar Do" concept is very unique** and includes the essence of modern martial arts, terms of health, education and social aspects. Therefore it is a very fast expanding martial arts direction.

In a short time, "Latar Do" have representatives in over 30 countries and 5 continents and that is going to head.