

COACH VIK



CST coach

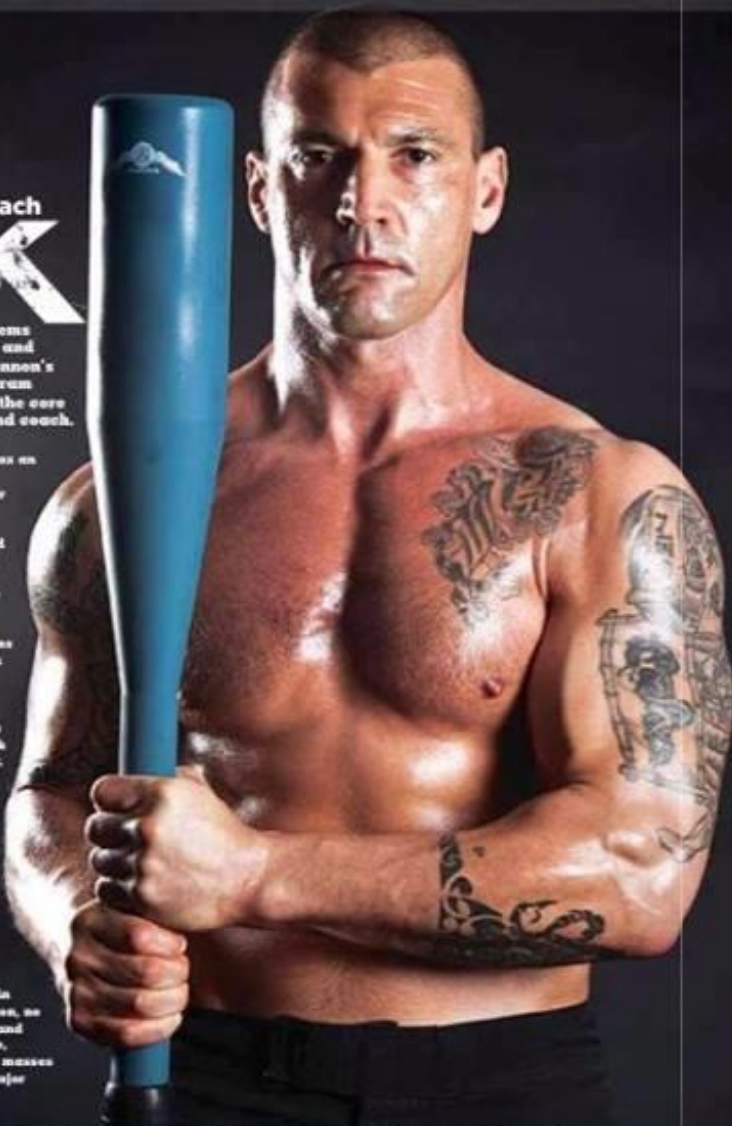
VIK

Of all the fitness systems I've trained, certified and internalised, Scott Sannon's Tactical Fitness Program (TACTFIT) remains at the core of everything I use and coach.

Initially starting off as an offshoot of his big brother, the Clever Strength Training system (CST), TACTFIT quickly grew in depth and popularity due to its ease of use and remarkable workouts which taxed the body in new and unique ranges of motion, hitting different metabolic systems hard and still leaving you feeling recharged and reenergised after.

In 2010 I became the UK's first and only Head Coach and TACTFIT Team Leader, reaching pro fighters as well as high level coaches from other fitness systems who became my students and consequently gained their certifications.

One of my major influences is the gentleman we have the pleasure of interviewing today, Alberto Gallazzi. An amazing athlete and person, no one has put in more time and effort, travelling the globe, pushing the system to the masses as well as contributing major developments toward it.



alberto GALLAZZI



Vik Nothi: Alberto, it's an honour to have you with us today.

Alberto Gallazzi: Thank you, Vik.

Let's get straight into a bit of your military and martial arts background?

My name is Alberto Gallazzi, owner of Sector, a company that provides combat training and security services in different areas from civilian to law enforcement and military units.

I am the European director of Pmax International and the Tact Military Division Chief. Since 2005 I work side by side with the creator of Tact and CST training systems, Scott Sannon, helping on developing and promoting it over EU, Asia and Middle East.

I served in a special para/marine airborne division in my country named BAO and since I left it I start to work in the private security field. I spent over 5 years in US where I also served as a BSI recovery agent, graduated in different fields of crime protection. I came back in Italy I worked for many celebrities such as Madonna to JLO to Shakira etc. Since then, I've become part of the Prime Minister protection team.

Specialized in short and long hot weapons I was study sword and impact weapons as well. I started boxing and Full Contact Kickboxing at 13 and got black belt in different styles. Spending a few years as Pro fighter in Kickboxing and Muay Thai since I moved down to Israel where I study and graduated in different Israeli stable form: Krav Maga and finally I approached the Dennis Survival Ju Jitsu aka Hwarat.

I was awarded the first 3rd degree black belt and won the world full contact championship in 2008.



As an official consultant for different special units and local teams I need to develop and reorganize a simple and efficient combat style based on movement, biomechanics and CNS response, in to make it applicable, assessed and faster to these real life situation. The system became Tact Survival Ju Jitsu.

What exactly is the TACTFIT system and why does it differ from conventional training methods such as CROSSFIT?

Crossfit defines itself as "randomly selected functional exercises performed at high



intensity." It has the purpose of preparing you for the sport of Crossfit Games.

TACTFIT (short for "tactical fitness") can be defined as "specifically progressive functional techniques RECOVERABLE from high intensity."

1. TACTFIT covers the S.A.I.D. Principle: Specific Adaptation to Imposed Demands, however you train, you specifically adapt. Therefore all exercises are reverse engineered from tactical skills in martial arts and combat sports, military, security, firefighting and emergency rescue. Therefore, there are specific steps through which you progress, so that the exercise improves job-related performance.

2. High intensity is useless in real life unless you can recover to where you can access fine and complex motor skills as well as cognitive function, decisionary and awareness skills. As you approach moderate intensity you

VIK NO THI: MARTIAL ARTS TEACHER, FIGHTER, TOP FITNESS COACH AND TOP CONTENDER...

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Actually, in the TACFIT system TACFIT36, there are an equal amount of Clubbell exercises compared with all other tools. However, the reason that the Clubbell has become the flagship of our list of minimalist training tools is due to its versatility. There is no other tool that has ever been created which can improve strength in all 6 degrees of human biomechanics. Unlike gym machines which dictate the range of motion removing your efficiency, the Clubbell forces your body to improve its own efficiency. That is why it was the original strength training tool in history, the oldest in humankind, and now has become the best-selling strength training tool in Europe. It's strength and conditioning, to overcome the setbacks this year in international popularity.

You are currently on an European seminar schedule and have recently done a small workshop just outside of London at the DMAX gym. Is there any plans to come back this year and if so, when?

I am planning 2 workshops in Europe next July and a bigger event with my top instructors will be held before November. We are also working on having a "TACFIT" certification by the end of 2013!

Are there any instructors of the system in the UK and if so, are there ones you can recommend specifically for the combat athlete?

We currently have a solid group of instructors of Tacti, CST and Clubbell. Each one has a specialty and his own background.

As I always say during my workshops and certifications, we can not be good at everything and we must lock always for quality and not quantity. MMA is a powerful and very demanding sport so if I need to suggest one or two of my instructor I will close my eyes with Vik Nash and Ben Walsh. With extensive combat experience and a deep knowledge on the three systems, they would be the great option for combat fighters in UK.

begin to lose these - and high intensity can be define as the loss of these. Therefore, where Coach Vik focus on an ever-increasing power output, TACFIT focuses on recoverability, how fast you can recover from high intensity exercise to access your tactical skills (and tactical mind).

What do you think the direct benefits are to the combat athlete, the MMA and Thai boxing warriors?

Speed of recovery means increased precision, accuracy and timing. A fatigued athlete is worse than weak, he's inaccurate and poorly timed. As competition has shown, an accurate and well-timed fighter performs better than a strong fighter. This is why TACFIT focuses on SPECIFIC fitness rather than believing that you can be "generally fit". To be "generally fit" means that you are ready to BEGINS mental set training, but to become a good fighter in any style, you must become specifically fit to perform the skills in fighting.

There are many tools used in the TACFIT system, but there seems to be an emphasis on the clubbell. Is there a particular reason for this?



Look out for part 2 next month where Alberto will be taking you through what has been called "THE SMARTEST FITNESS SYSTEM" by industry leaders!

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