

UNDER THE AEGIS OF H.S.H. PRINCE ALBERT II OF MONACO

2^{DU} OPEN DE MÙNEGU DE PÀIJEDA

ARTE MARÇIALA MONEGASCA
6/14 YEARS - TECHNIQUE & ASSAULT



6 APRIL 2024 - 9 A.M. TO 6 P.M.
ESPACE SAINT ANTOINE - MULTI-SPORTS HALL

organised under the aegis of

THE MONEGASQUE FEDERATION OF PÀIJEDA MARTIAL ART

by

THE MONACO INTERNATIONAL MARTIAL ARTS ACADEMY

approved by the Government of Monaco



EDITORIAL

On behalf of the members of the Management Committees of the Federation of Pàijeda, Monegasque Martial Art (F.P.A.M.) and the International Academy of Martial Arts of Monaco (A.I.A.M.M.), I would like to thank His Serene Highness the Sovereign Prince for His decisive support in the development of our Monegasque martial art, since its creation by Mr Claude Pouget on 11th June 2020, which has enabled it to become a recognised Monegasque sport. I would also like to extend my warmest thanks to all those who, through their support, have contributed to the success of this discipline.

Alice Pastor

Founding President F.P.A.M.

Honorary Member & Vice-President A.I.A.M.M.

COUPE DE S.A.S. LE PRINCE
ALBERT II DE MONACO
2^{da}
Open de Mùnegu de Pàijeda
Arte Marçiala monegasca
U 6 d'avri d'u 2024

PAIJEDA, A MONEGASQUE MARTIAL ART¹ ART OF DEFENDING PEACE

The term Pàijeda is composed of "Pàije", meaning "Peace" in the Monegasque language, and the initials of "Defense Art".

MONEGASQUE SPORT OF DEFENCE/COMBAT, MODERN, MULTIDIMENSIONAL, BEARING THE TRADITIONAL ETHICAL VALUES OF THE MARTIAL ARTS

Pàijeda, a Monegasque martial art, is a defence sport (sport d'a defesa) and a combat sport (sport di cumbatimentu), advocating respect for educational values (for the youngest), ethics (moral code), technical and sporting rules and the law (in particular self-defence).

It uses referenced and authorised defensive and offensive percussion or striking techniques (with the upper and lower limbs), gripping or seizing (bringing to the ground, projections, immobilisations, keys, strangulations, pressure points), standing and on the ground, with or without objects (dummy foam, etc.) in a safe environment.

Pàijeda, a Monegasque martial art that allows progression by level (grades), is accessible to a wide range of people, from the very young to the elderly, for leisure or other purposes (physical and mental maintenance, self-defence, competition, etc.) and offers a host of benefits.

Pàijeda, a Monegasque martial art and a vehicle for national culture, is an open, inclusive, and individualised sport that incorporates the Monegasque language (more than a hundred words in its vocabulary).

¹ The official and statutory name of the discipline, originally Munequda.

ART OF LIVING

Practising Pàijeda, a Monegasque martial art, helps to strengthen the mind (self-confidence, concentration, etc.), maintain the body, practise strategies, learn and master authorised techniques and cultivate ethical values (benevolence, respect, courage, etc.), adapted to the characteristics of the various categories of practitioner and developing well-being.

ETHICAL VALUES, THE HEART OF PAIJEDA

Pàijeda, a Monegasque martial art, is at the heart of its practice:

- promotes the human and ethical values dear to the Principality of Monaco;
- encourages its members, especially young people, to support mutual aid, humanitarian action and sustainable development through their actions.

The Federation of Pàijeda, a Monegasque martial art, has made an active contribution to the field activities of international organisations and recognised institutions:

- The Prince Albert II of Monaco Foundation, on 21st June 2021, of which the Federation of Pàijeda, a Monegasque martial art, has become a Member of the Circle of Friends;
- the Princess Charlene of Monaco Foundation, on 18th May 2022;
- Fight Aids Monaco, 6th May 2023;
- Peace and Sport, 14th April 2021;
- the Princess Grace Hospital, on 5th March 2022.

Resolutely open to the international scene, Pàijeda, a Monegasque martial art, promotes tolerance and respect for others through martial arts, defensive arts, and combat sports, particularly from the different cultures that inspired its creation.

Since 2020, eight courses with renowned experts or champions have been given at the Pàijedals².



U CÒDICE MURALE THE MORAL CODE

A BENEVURENÇA
BENEVOLENCE

U RESPETU
RESPECT

U CURAGE
COURAGE

A SINCERITÀ
SINCERITY

L'UNÙ
HONOUR

A MUDESTIA
MODESTY

U CUNTROLU DE SE STÈSSU
SELF-CONTROL

A PULITESSA
POLITENESS

OPEN, INCLUSIVE AND INDIVIDUAL SPORT

Pàijeda, the Monegasque martial art, is an open and inclusive discipline, taught in a pedagogical approach and environment adapted to the pace and specificities of each individual. There are several programmes or specialities.

² Practising Pàijeda, a Monegasque martial art.



The champions and medallists at the Monaco Pàijeda Championship 2022.

ANCHORING IN MONACO

Pàijeda, a Monegasque martial art, is a vehicle for Monegasque culture:

- integrates the Monegasque language (more than a hundred words of its vocabulary) with the benevolent contribution of Mrs Karyn Ardisson Salopek and Mr Stéphan Maggi, former Monegasque language teacher.
- The dress code is red and white;
- The red colour of the grades is symbolic of the discipline's hierarchy, with the red belt being worn at the start of practice (followed by yellow, orange, green, blue, brown, black, red and white) as well as for the highest grades (9th and 10th Degree).
- the salute, the logo and the salute symbolise respect and peace.



Written and audio Monegasque sports lexicon www.federation-paijeda.mc/culture-monegasque/ ;



Two technical events, stick self-defence (left) and sparring (right), at the 1st Monaco Open of Pàijeda, a Monegasque martial art, on 6 May 2023 at the Espace Saint Antoine.

Successful development of the Monegasque martial art Pàijeda

Since its creation, Pàijeda, the Monegasque martial art, which has had a total of some three hundred and fifty members in Monaco over the last four sports seasons, including more than a hundred currently at full capacity, has been able to successfully develop a sustained activity over the last three years (September 2020):

- twice-weekly lessons at the Stade Louis II ;
- thirteen Pass'Sport Culture courses under the aegis of Monaco's Department of National Education, Youth and Sport;
- eight courses run by experts in a range of disciplines;
- three competitions (two Monaco championships and one Open with two cups in the name of H.S.H. Prince Albert II ;
- demonstrations, such as the one presented at the launch of the centenary of the birth of Prince Rainier III on 31 June 2023.

A recognised Monegasque sport

Pàijeda, a Monegasque martial art, has been recognised by :

In the Principality of Monaco

- the Government of Monaco ;
- the Prince Rainier III Commemoration Committee ;
- the Monegasque Olympic Committee (July 2022);
- The Prince Albert II of Monaco Foundation (June 2021): the Federation of Pàijeda, a Monegasque martial art, is a member of the Circle of Friends;
- Peace and Sport, Official partner (April 2021) ;
- the Monaco International Martial Arts Academy, approved by the Government of Monaco, which teaches under the aegis of the Federation of Pàijeda, a Monegasque martial art.

Internationally







- at the XXth International Martial Arts Hall of Fame in Valencia, Spain (October 2022).

In France

- taught since September 2022 at the Cap d'Ail International Martial Arts Academy, approved by the Ministry of Sport and the Olympic and Paralympic Games, and now as an associated discipline within the French Federation of Kickboxing, Muaythai and Associated Disciplines (Sept. 2023).

The Principality of Monaco is one of the countries with a national martial art, self-defence or combat sport associated and recognised.

Here are just a few examples:

-  China: Wushu, ancestral discipline;
-  Thailand: Muaythai, 15th century;
-  France: Savate, French boxing, 19th century;
-  Russia: Sambo, early 20th century
-  Israël : Krav-Maga, mid-twentieth century;
-  United States of America: Kick boxing, Full-contact, 1970s; MMA, 1990s



During the Commemoration of the Centenary of Prince Rainier II, on 31 May 2023 in Monaco-Ville, a demonstration of Pàijeda, a Monegasque martial art, on the esplanade of the Ministry of State.



MANAGERS OF THE FEDERATION OF PÀIJEDA, A MONEGASQUE MARTIAL ART AND THE MONACO INTERNATIONAL MARTIAL ARTS ACADEMY

Mrs Alice Pastor

Founding President F.P.A.M. and Honorary Member, Vice President A.I.A.M.M.

Ms Félicia Pouget

President A.I.A.M.M. and Vice-President-Founder, Treasurer General-Founder F.P.A.M.

Ms Cécile Gélabale

Honorary Member, Founding Vice President F.P.A.M. and Honorary Member, Vice President A.I.A.M.M.

S.E.M. Catherine Fautrier-Rousseau

Honorary Member, Founding Vice President F.P.A.M. and Honorary Member, Vice President A.I.A.M.M.

Mr Thomas Brezzo

Honorary Member, Founding Vice President, F.P.A.M. and Honorary Member, Vice President A.I.A.M.M.

Mr Eduard Shyfrin

Honorary member F.P.A.M.

Mr Gérard Pouget

Vice-Chairman A.I.A.M.M.

Mr Charly Vaudano

General Secretary A.I.A.M.M.

Mrs Jocelyne Fautrier Bellone

General Treasurer A.I.A.M.M.

Mr Claude Pouget

National Technical Director-Founder, Vice-Chairman-Founder, General Secretary F.P.A.M.

Technical Director-Founder, 1st Vice-Chairman A.I.A.M.M.



Assaults, training or competition.

THE FOUNDER, CLAUDE POUGET

"MONEGASQUE MARTIAL ARTS LEGEND" (HALL OF FAME 2023)

*With Pàijeda, a Monegasque martial art,
at the heart of my commitment to the martial arts, I wanted to express my
gratitude to my country, the Principality of Monaco.*

"I wanted to express my gratitude to my country and its language. The Principality of Monaco, for me, is a decisive setting that has enabled me over the years to progress in the martial arts, which fascinate me as much for their technicality and their many assets as for the ethical and humanist values that they promote", explains Claude Pouget.

Holder of the Vermeil Medal for Physical Education and Sport (2023), the Gold Medal for Sport (2019) and, as a police commander, the Vermeil Medal of Honour (2010), Monegasque Claude Pouget, founder of Pàijeda, a Monegasque martial art, and founding technical director of the International Martial Arts Academy in Monaco (1997) and Cap d'Ail (1999), has a wealth of expertise and experience to his credit, under the colours of the Principality of Monaco :

On the one hand, as a practitioner or multi-specialist teacher of martial arts, defence arts and combat sports, with over fifty years' experience (1974), trained in Monaco as well as in France and abroad: Europe, China (Shaolin Temple), Japan (Karate), Brazil (Brazilian Jiu Jitsu), Israel (Krav-Maga), USA (Jeet Kune Do, Krav-Maga), Russia (Sambo), Thailand (Muaythai);

- **Founder of Pàijeda**, Monegasque Martial Art (2020) ;
- **Grand Master** (Hall of Fame, in Martial Arts (2015) & Self-Defence (2017));
- **Teacher with a Higher State Diploma** in Martial Arts (B.E.2) ;
- **11 Expert certifications** ;
- **11 State diplomas:** Karate, Kickboxing, Krav-Maga, MMA, Muaythai, Full-contact, Sambo, English Boxing, Wrestling, Wushu, Contact sports... ;
- **17 Black Belts:** MMA, Judo Jujitsu, K1 Rules, Full-Contact, Sambo, Personal Defence, Wushu, Wrestling, Kyusho, Pancrace, and especially :
 - **9th Dan Self-Defence black belt**
I.S.M.A. (H.O.F), (2019)
 - **8th Dan black belt in kickboxing** (2015)
 - **7th Dan Krav-Maga black belt**
(2020 - Highest grade in Europe)
 - **6th Dan Karate black belt** (2012)
 - **10th Khan Muaythai** (2010 - IFMA - WMC)
- **A hundred victorious battles**
in various disciplines;
- **3x Krav-Maga World Technical Champion**,
(1x Competitor, 2x Coach).
- Since the 1980s, several thousand people have benefited from this **teaching**, particularly in Monaco.

On the other hand, Honorary Police Commander in Monaco. Claude Pouget, retired from the Police Department in Monaco, was a police officer in the active services there for some thirty years (1984-2013).

In particular, he has been in charge of the elite intervention unit responsible for protecting VIPs (equivalent to the French R.A.I.D.), head of the intervention and investigation unit of the criminal investigation police, a self-defence trainer and, at the Police Academy, a lecturer in law (self-defence), holding a master's degree in Law.

