

Fee:
Website Members \$50 a month
Non Members \$75 a month
Due Date by the 10th of each month

Meeting Time: Saturday and Sundays 9am -11am for 9 months of the year (Spring Equinox thru Winter Solstice)

Location: Marcus Garvey Park, New York, NY (5th Ave and 124th St)

**Kupigana Ngumi from the
Kemetik Shrine of Jhuty Heru Neb Hu**

Kupigana Ngumi is the essence of Martial Arts from the Global Afrakan experience. It is expressed through the body, mind and spirit disciplines preserved within Afrakan Art, Dance, Music, Religion, Spirituality and Kulture.

Overview:

Kupigana Ngumi is the synthesis of the Afrakan Spiritual Warrior experience. It imparts a view, which recognizes the inherent capacity of martial science to impart life-kultivating benefits, as well as defensive and offensive capabilities. Kupigana Ngumi reveals the power to serve the needs of Afrakan people and strengthen their capacities towards human refinement. The essence of the Kemet Aha system of Kupigana Ngumi is to train the mind, body and soul towards becoming a Spiritual Warrior.

The Words:

Kupigana – Method of combat *Ngumi- Fist, arm or hand. *Kupigana Ngumi-Method of combat utilizing the fist, arm, hand or any part of the anatomy or weapon of extension. *Mpigani-Practitioner of Kupigana Ngumi.

The word Kupigana Ngumi is an adopted term for the collective fighting arts of the entire Afrakan Continent. Kupigana Ngumi literally means “way of fighting with the fist.” Every Nation of people in Afraka has its own language and word for warrior and warfare. Kupigana Ngumi is from the Kiswhaili language. It is a non-tribal trade language used in many countries in East Afraka. The term was first used by **Shah Mfundishi Maasi**, a warrior and martial artist of the Royal Guard of King Nana Kablam I, and **Ngana Mfundishi Tolo-Naa**, a warrior and traditional healer. When they collaborated in the early 1970’s they used the term Kupigana Ngumi to form the Pan=Afrakan Kupigana Ngumi Federa-tion.

The phase of Heru sharpening mkono: basic hand movements from all 7 animals of **The Aha Kemet Wantama Saba System** of the Kera of Jhuty Heru Neb-Hu form of Kupigana Ngumi.

Aha Kemet Wanyama Saba of Kupigana Ngumi

Mnyama

1. *Understanding the animal.*
2. *Mastering the animal movements and nature.*
3. *Becoming the animal.*
4. *Seven fighting animal system.*

1. *Jhuty – Crane – Karanga*
2. *Maa Hes – Lion – Simba*
3. *Erat – Cobra (snake) – Nyoka*
4. *Heru – Falcon – Mwewe*
5. *Mew Km – Black Panther – Paka weusi*
6. *Ean Ma'at – Baboon – Nyani*
7. *Sobek – Crocodile – Mamba*

Kiswahili Numbers

Moja 1	Sita 6
Mbili 2	Saba 7
Tatu 3	Nane 8
Nne 4	Tisa 9
Tano 5	Kumi 10

Mdw Ntchr

1. Wa I One	2. Snu II	3. Shmtu III Three
4. Fedu IIII Four	5. Deu III Five II	6. Sesu III Six III
7. Sfkhu IIII Seven III	8. Khmnnu IIII Eight IIII	
9. Psdju IIII Nine IIII	10. Mdju n	

Form more information see Chapter 12 in the book *Spiritual Warriors are Healers*.

