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Author Biography

Shihan Luca Appignani was born in Pescara in 1983.

His passion for martial arts emerged at a young age. He began his martial journey in 1996 by practicing Wado Ryu Karate, later approaching Jujutsu. His pursuit of technical and spiritual perfection led him to explore multiple disciplines until, in 2003, he met Grandmaster Ng Shau Yin, a historic member of the IWF – International Wushu Federation. This encounter marked the beginning of an intense path in Chinese martial arts, particularly in Wushu and Chinese boxing (Sanda), in which he also specialized in the use of weapons such as the Dao (Chinese saber).

His training continued until 2009, during which time he acquired solid expertise in Chinese and Japanese martial traditions, becoming skilled in the use of the Japanese katana and deepening his understanding of Eastern philosophy integrated with physical practice.

In addition to his background in traditional martial arts, Luca Appignani has gained extensive practical experience in self-defense. He is recognized as a Self-Defense Instructor of the first, second, and third levels—the highest ranks attainable in Italy in this field. These certifications attest to his teaching competence in self-defense techniques, making him one of the leading experts in Italy in this area of training.

Luca Appignani served as technical director of ASD Boxe Francavilla al Mare, working alongside the esteemed F.P.I. Master Antonio Campanella, one of the most important names in Italian boxing. His experience, which merges Western and Eastern practices, allows him to convey a holistic view of combat, grounded in respect, discipline, and personal growth.

Today, **Shihan Appignani** teaches in Pescara and conducts workshops and seminars throughout Europe, where he shares his martial knowledge with practitioners of all levels. Every course he leads is rooted in a profound approach that integrates technique, culture, and philosophy, aiming to train not only fighters but also individuals who understand the value of martial arts as a tool for personal evolution.

His work is based on rigor, passion, and continuous growth, seeking to inspire all those who wish to embark on the martial path as a discipline that transcends the body, becoming a true life journey.