

Jim Wagner explains a Conflict Conditioning exercise for one of his new DVDs. Black Belt magazine asked Wagner to make three new DVDs, which were taped on February 16, 17, 18, 2009 at Hustead Studio in Westlake Village, California. Raymond Hortwitz, sitting, was the director for all three projects. Demonstrating the technique is Sarwan Boodram from Trinidad and Tobago and Steve Vu from Southern California.

