



THE
WINGED DRAGON
MARTIAL & HEALING ARTS

**COURSES IN SAFER LIVING
& SELF IMPROVEMENT**

WWW.THEWINGEDDRAGON.COM.AU



THE
WINGED DRAGON
MARTIAL & HEALING ARTS

Awareness

Confidence

Assertiveness

Skills

KARATE

Course aims:

- » To increase the level of discipline within ones self
- » To gain a better respect for ones self and thus be able to show respect to others
- » To learn to focus ones mind and thus achieve ones goals
- » To perhaps finish with some self defence knowledge

Students are introduced and taken through the process of a normal Karate class.

During our six lesson program the class will be taught basic striking, blocking and kicking techniques. They will also be taught a set pattern which consists of street wise self defence applications.

Each class is designed to further increase the students discipline, respect and focus of mind. We achieve this by setting tasks that increase in performance level. Tasks include; Breaking boards, blocking against the bamboo stick and several games.



TAI CHI & MEDITATION

Course aims:

- » Promotes personal energy for self healing and wellbeing.
- » Creates a clearer and more relaxed mind
- » Improved working of internal organs, and better breathing
- » Allows for a higher quality sleep

Experience the benefits to the mind , body and soul that came from the continued practice of this ancient system of Oriental medicine and self defence.

Students are taken through a common pattern known as The Beijing 24. Also taught are a set of 8 breathing exercises designed to dispel tension and harmonise, calm revitalise the bodies energy.



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WOMEN'S SELF DEFENCE

Course aims:

- » Identify and recognize early warning signals
- » Easy to learn techniques that maximize damage - while not relying on strength
- » Managing fear and performing effectively under pressure
- » Becoming less vulnerable

This course will not only teach the physical techniques needed to dispatch an attacker but we also cover different scenarios and how to deal with them. Helpful ideas for home and street protection and discussions on safer living combined with exercises in assertive behaviour and body language make this course one that will improve the students' confidence and awareness.

Our course is now being run in conjunction with the Victorian Police and will also cover the legal aspects in Self Defence. The techniques taught are designed to be quick and effective and aim to strike to 4 major attack points that will stop any attacker regardless of their size. Repeated practice against heavy duty shields allow the students to test their form.



MEN'S SELF DEFENCE

Course aims:

- » Increase fitness levels
- » Learn street awareness to avoid situations before they start
- » Turn fear into opportunity
- » Techniques for overcoming larger opponents

Unlike the women's classes no striking techniques are shown. We believe that too often men use their fists to settle disputes and thus we have geared our program to focus more on avoiding, restraining and controlling your opponent.

Discussion on legal and moral aspects are covered and similar to the Female course, body language and assertive techniques are taught. Ground work plays a large role in the men's program with correct falling and rolling skills taught. Several real wrestling locks are covered along with extremely effective restraining moves.

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Dear Sir / Madam,

We would like to introduce to you our programs in safer living and self improvement.

Unfortunately in today's society the chances of some sort of violence perpetrated against you is always present. Our courses are designed to give you the knowledge to both avoid and deal with potentially dangerous situations. Our classes also work on self enhancement where by the completion of our classes all students should have a greater respect for them self and a better out look to life. We have four courses to choose from each with its own individual benefits, advanced and follow up classes are also available.

- » We offer two separate Self Defence courses, one designed for females the other for males, each dealing with the specific problems they may face. Our female course has been approved by the Victorian Police and is currently running at their Epping Station. These courses can be combined for mixed sex classes.
- » Our Martial Arts Program allows a look into the true aspects of Karate, those of Respect, Discipline and Focus of Mind.
- » The Tai Chi / Meditation classes deal not only with the physical body but also strives to improve the internal you.

With fully qualified instructors who have several years of Martial Arts experience under their belts you can be assured that classes are run in a friendly yet informative atmosphere. Due to the issues covered and the devastating potential of the techniques taught a certain degree of maturity is needed, therefore the level of students enrolling should be suitable.

Our courses are structured to run over six consecutive one hour sessions but are able to be adapted to suit your specifications. At the completion of our courses all successful students will receive a certificate.

Price: \$120.00 per instructor per hour.

To ensure that your students receive the best from our tuition we request a maximum limit of 30 students per instructor.

Loyalty is very important to us and by becoming a regular client the hourly rate drops dramatically to only \$100.00 per hour per instructor. Also regular clients receive priority with bookings and other benefits.

To ensure that you receive your preferred times and dates please organise your bookings promptly. A 10% deposit is required to confirm your booking.

We would like to make a time to better demonstrate our ability and allow you a greater insight into our programs and their benefits. Your time in this matter is appreciated and we look forward to hearing from you soon.

Yours truly,

LUCKY PANDELIDIS
COMPANY DIRECTOR