

Never too young
to learn defence

Martial arts
By Brad Bishop

Self defence and fitness classes aimed at women

by BRAD BISHOP

ONE thing that often turns females off starting self-defence classes is the intimidation of a male instructor. But women's class can no longer be an excuse with a male instructor. But women's class can no longer be an excuse with a male instructor.

THE classes, which are held under the guidance of qualified instructor Randa Chebbou from the Winged Dragon Martial Arts Centre in B... and Healing Arts Centre, are a combination of self-defence and a fitness workout.



"Initially we ran a three week self-defence class, but when that was finished the girls wanted more so we ran an advanced class and then when that was finished they asked what was next," Mr Pandelidis said.

"The girls wanted an ongoing class and we didn't want to just keep running extra advanced classes, so we've settled on this female class which is a combination of karate, self-defence and Thai Box."

word-of-mouth spread the classes are automatically



LISTEN LEARN LIVE

body dynamics." Mr Pandelidis has worked in the martial arts industry for 35 years and has held women's self-defence seminars in Whittlesea for the past 10 years. His team of qualified instructors will give women tips on how to distract or blind their attackers, giving them time to escape and seek help.





EXPERIENCED INSTRUCTORS



KARATE

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

- » Increases the level of discipline within one's self
- » Helps gain a better respect for one's self, and thus be able to show respect to others
- » Teaches students how to focus one's mind, and thus achieve one's goals
- » Provides students with some knowledge of self-defence



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.



WOMEN'S SELF DEFENCE

Provides a range of helpful ideas for home and street protection.

- » Identify and recognise early warning signals
- » Easy to learn techniques that maximise damage, whilst not relying on strength
- » Managing fear and performing effectively under pressure
- » Become less vulnerable



This course will not only teach the physical techniques needed to dispatch an attacker, but also cover different scenarios and how to deal with them.

We cover methods of safer living through exercises in assertive behaviour and body language, which improves the student's confidence and awareness.

Please Note: Mixed classes available on request



MEN'S SELF DEFENCE

Course covers techniques and methodologies specific to males.

- » Learn street awareness to avoid situations before they start
- » Turn fear into opportunity
- » Techniques for overcoming larger opponents
- » Methods for using brains before fists



Unlike the women's classes, no striking techniques are shown. We believe that too often men use their fists to settle disputes, so we've tailored our program to focus on avoiding, restraining and controlling an opponent.

We discuss the moral and legal aspects, and also cover body language and assertive techniques similar to the female course.

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.

Please Note: Mixed classes available on request



TAI CHI & MEDITATION

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

- » Increase energy for self-healing and wellbeing
- » Create a clearer and more relaxed mind
- » Improve the working of internal organs and better breathing
- » Improve sleep quality



Students are taken through a common pattern known as 'The Beijing 24'. Our experienced instructors begin each class with a set of warm ups, which are designed to prepare your joints and muscles. We then commence with teaching the routine, which is broken down into simple steps making it easy enough for anybody to learn.

We also teach a set of 8 breathing exercises designed to dispel tension and harmonise, calm and revitalise the body's energy.



BOXERCISE

Based on the same training concepts that boxers use to keep fit.

- » Improve cardio and overall fitness
- » Weight loss
- » Body toning
- » Relieve stress
- » Have lots of fun!



Boxercise is a safe, effective and fun form of exercise that is suitable for all ages and levels of ability. Students learn a range of professional boxing drills to popular music tracks.

This is a low impact but high intensity class that has been designed to minimise stress, burn calories and tone your body, all in a fun and friendly environment.



Dear Sir/ Madam,

We would like to introduce to you our courses in safer living and self-improvement. The Winged Dragon Martial & Healing Arts Pty, Ltd. has been conducting proven methods and tactics in survival for over 15 years.

Unfortunately in today's society, the possibility of violence perpetrated against you or your loved ones 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 themselves and a better outlook on life.

Our programs will help students increase their self-confidence, fitness and flexibility. Any student who undertakes training with us will be educated in some of life's most important and beneficial skills. Students will learn highly engaging and practical applications. We discuss the core values needed for the development of a happier, healthier and safer outlook to life. Every student is given the opportunity to thrive during these sessions.

With fully qualified male and female instructors all with years of Martial Arts experience under their belt, you can be assured that classes are run in a fun and friendly yet informative atmosphere whilst focusing on **awareness, confidence, discipline, focus, respect, assertiveness and technical skills.**

Some groups that we have conducted sessions for are **schools, banks, special needs children, sporting clubs, child care centres, hospitals, real estate agencies and Victorian Police.**

We have several courses to choose from, each with its own individual benefits. Advanced and follow-up classes are also available. Our courses are structured to run over consecutive one hour sessions and can be adapted to suit your specifications. At the completion of our courses all successful students will receive a certificate.

We offer an affordable hourly rate, and as loyalty is very important to us we offer a significant discount to regular clients. Regular clients also receive priority with bookings, and a range of other great benefits. To ensure that our students receive the best from our tuition we request that a maximum limit of 30 students per instructor.

We appreciate that your time is valuable, and would like an opportunity to prove our ability and allow you a greater insight into our programs and their benefits, with a short interview or a free demonstration with your students.

Yours truly,

L. Pandelidis

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Company Director

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