

Jamie marsh

7th Dan essay

My name is jamie marsh. Even though I am an Australian citizen I was born in Penang Malaysia in 1967 due to the fact my father was in the Royal Australian Air Force RAAF. I came to Australia when I was 4 years old and my parents split up. I was a shy and introverted young boy. Always quick to smile and I have always loved making people smile and laugh.

In 1978 I started Taekwondo classes. It was in the garage of a young man who was a black belt in Mentone which is a small suburb of Melbourne. A few years later due to the fact we had to moved I had to stop. However that was the beginning of my martial arts journey. In the early 80s I started Po Khek Kung fu. Which I did for a long time and received my red sache. It was during this time when I was 17 years old, I was introduced to The Melbourne Taekwondo Centre MTC. Anthony Moustakis did the introduction he was a mate of mine at school and our friendship lasted his whole life. Sadly, he passed last year, losing the longest fight of his amazing and memorable life to cancer. He was a hero to me and a true champion. His memory and the life lessons he taught me will live forever. I kept training in kung fu for a while longer, however there was something different about the people at MTC. There was a camaraderie a feeling of belonging and I forged lifelong friendships that have lasted to this very day. Friends like Andrew Rozinsky, Bernie Victor, Freddie De leo, Ray Soriano, and the list goes on. My Head instructor Mr Alfie De Lorso is a man who inspired trusted and help me forge the person who I am today. This is partly due to the fact I didn't have a father figure in my life and also because of his heart and spirit. He is truly a man of honour and integrity a person to admire and be admired for his actions and deeds in the martial arts world. When I was going through the coloured belt rankings which took many years. Alfie was still fighting and competing not just in Australia but internationally as well. He is the first coach I have ever met that what he taught and preached he did inside and outside of the ring. When we all had to be up at 5am so we could train at 6am in a cold wooden hall in winter in preparation for the upcoming state or national titles. Alfie was up at 3.30am to do his cleaning job first. He would train us at 6am then go to his other job as a teacher. Finish at 3.30 pm then come back and teach us again for our evening classes. Its this work ethic I believe that helped me, inspired me and directed me to work 70 + hrs a week for the next 20+ years of my life.

This work ethic assisted me so much for at the age of 16 I had to start helping my mum not just emotionally and physically due to her body failing but also financially. It was at this time with the help of my first job. As a baker in Acland street St Kilda that allowed me to save enough money to put a deposit and the first and last month's rent on a flat for me and my mum to move into in Port Melbourne. I continued to help subsidise my mums wage and help her mum (my nan) and her brother with money in any way I could until I was 27. Which sadly meant I could not pursue my wish of becoming a primary school teacher or seeing the world at that time.

The confidence I received through martial arts supported my entertaining career. I was an actor, comedian, dancer and MC / host. I taught dance at places like Tony Bartuccios, The Brighton Dance Centre and The Way to Easy Dance. I was into the Hip Hop scene and was paid to dance at places like the Chevron, Chasers and Fame. I have been lucky enough to appear in over 50 corporate and TV commercials. I have done theatre television and a couple of movies I have done some stunt work and choreography. I have even written, produced and starred in my own play which I performed at the comedy festival here in Melbourne Australia. I'm happy to say I did have a scene with Sir Anthony Hopkins in Spotswood and I have met Jackie Chan and was on the set of Mr Nice guy. I started stand up comedy the same time as Eric Banner. He just went a different direction to me. The journey was amazing, I made some really good money and I have met some fantastic and really talented people along the way.

The chief Head Instructor of the Melbourne Taekwondo Centre is Grand Master Mr Jack Rozinsky. He holds certificates as a 9th Dan Kukkiwon and a 9th Dan jidokwan taekwondo practitioner. Which represents a lifelong obsession with martial arts and helping others. He celebrated his 80th birthday this year and over 60 years of teaching taekwondo to I believe more than a 100 thousand students creating thousands of black belts. He is one of the Australian legends of martial arts and it is with unique pride I call him our chief head instructor, mentor and friend. I have known Mr Rozinsky since I was 17 years old that's over 35 years, he has been part of my life. Actually, the year I was born is the year he went to Korea on his honeymoon to obtain his black belt in taekwondo. It was 1967

In my late teens and early 20's It was Mr Rozinsky, who gave me the nod of approval and permission to train in Boxing and Kick Boxing in the early days of my fighting years. I received my first Black belt in the early 90's. It wasn't until the late 90s when I started doing Hapkido and a few other styles of martial arts. He supported this too, even when It meant it took away some of my training time at Taekwondo. He is that rare and special teacher who only wants the best for his student's friends and family.

To this day Mr Rozinsky stills plays a pivotal role in my personal and professional life. He calls me up to see how I'm doing and offers support in the dark hard and trying times. We have celebrated the highlights and the low points of life together. For we are more than student and teacher more than mentor and friends. We are family I say this not just because his son who I also met when I was 17 years old as a talented and gifted fighting red belt. Is one of my closest and dearest friends. We are family not of blood but through choice through a lifetime of experiences the good and the bad. We have laid to rest family students and friends. We have travelled the world and we are still connected. It is a bond; it is a brother hood and what I call my martial arts family.

I started fighting in the mid-80s, and continued to fight until the early 2000's. As a yellow belt at my first state championships which didn't go as well as I would have liked. Meaning I won my first fight but lost the next. I remember walking back to the car and seeing a young man hobble to the traffic lights with what appeared to be a broken foot carrying a trophy. I remember saying to myself and my mum, next time that will be me. I remember I worked even harder that following year. The next year it was me. I had the trophy and I had the broken foot. I remember being really proud and happy.

Since then my fighting and martial arts career has included black belts in 7 different styles of martial arts. I'm a multiple state national and international medallist. I'm also a two-time Korean open self-defence champion. A by-product of the high standards each style demanded and the level of training partners I had which was the path I chose. I have had over 10 operations which have included feet, knees, shoulder, hand and a new disc in my neck all of which still aggravates and hurts me every day. A hip replacement that totally paralysed my left leg. I was actually in hospital for over a month just trying to move one toe one millimetre. I was off work for over a year and it took me over a year to walk again. I still cannot raise my leg without terrible pain even though I rehab every day. I've had over 60 fractures in my body. And over 100 stitches. I have literally spent or lost in revenue 100s of thousands of dollars over the last 40+ years.

People ask me was it worth it? the pain the monetary loss the on going hurdles these things bring your life. My answer is simply YES! I chose to stretch myself; I chose to challenge myself and attempt to be better than who I am. I'm happy to say I truly am proud of who I am, for I endeavour to live my life with integrity so I can die with honour.

I remember many years ago I was at a national title event the biggest I've ever seen. Unfortunately, this meant I had the biggest division I've ever had. It took me 7 fights to win a silly little bronze medal. Which is at my club and I still look at fondly and proudly. For it represents my best. I know I could not have done more my preparation, my actions, my heart were all at 100%. This is why I teach people to try. If your hand is on your heart sincerely and you tried your best. I don't care about the result. We all fall. We all fail. Its how we handle it that counts. Our perception is our reality. My reality is personal best is the only and best quest. I have always been proud when I know I have sincerely tried. When I know, I could have done more, should have done more, that's when the disappointment sets in. That's when there is sincere sadness and tears. Resulting in a word that can create so much pain. That word is REGRET. I have a great collection of silver medals but not a lot of regret for I did my best.

This reminds me of a few moments or memories I have of my son. I remember the first time he was fighting a boy much older, bigger, stronger and technically better than him and he fought back so well with all his heart. I'm crying right now as I write this for even though he lost that fight. He faced his fears he was in my view a champion. For as we know, not all champions receive the gold medal there are a million of stories of the champions who tried and did not quit yet did not make the podium. These are the stories I hold most dear.

My son did this again just a few years ago and this time it was like David and Goliath the boy was and is one of the best in Australia his name is Owen and he's a nice boy who at the end of the fight showed respect to my son. I think the final score was 19 -1. I lost count of how many times he kicked Tyler in the head. I remember wanting to throw in the towel and my son said no and kept fighting. It was and is to this day a WOW moment to see someone you love so much stand up in the face of a storm and continue to fight. It was his best and that is something truly amazing to witness and be a part of. A person's BEST. It was a memory I believe I will never forget.

I am so lucky and proud to have a son who followed me into martial arts at the age of 14 he is a 3rd dan black belt in Taekwondo and an instructor, an orange belt in BJJ and more than half way to receiving a black belt in MMA and Boxing. He has competed in and fought in multiple state national and international events. He is a state and national champion and has

represented Australia 3 times winning medals in every campaign. His name is Tyler Courage Marsh. He is my son.

It was in the 80's with Tony Venios, I started Boxing at the South Melbourne Kick Boxing gym. It was a grungy dirty place that housed some of the best Boxers and Kick Boxers in Victoria. I remember training there one morning at 6am and I saw Azumah Nelson training there. (He was the boxer who beat Jeff Fennich) When I came back that afternoon to do more training he was still there. With sweat rolling off his face it was like he was in the rain. I was amazed! I asked one of his handlers was he here all day. They said yes. They said he does 12 rounds of everything. I asked what do you mean they replied. He does 12 rounds of speed ball, 12 rounds of heavy bag, 12 rounds of skipping, shadow boxing etc etc. You name it, he does it and does 12 rounds of each skill and drill. What discipline what focus I was inspired. I received my first Boxing qualification through the 1960's Olympian. Mr Des Duguid. Born 6th November 1941 and who sadly passed at the age of 78 in 2008. He was a wonderful kind and generous man. I later received further Boxing qualifications through the Australian boxing and combat sports board.

I was also training at the same time in Kick Boxing which is one of the hardest styles I've ever done. I remember for months and months hobbling home sometimes crying in pain, just trying to strengthen my shins. I tried so many different things for years to deaden my nerves. Including the old rubbing a hard stick against the shins. Which meant ice bags on my shins if I had any chance to fall asleep with all the pain. I only ended up having one Kick Boxing fight over in Thailand. I won but I'm not sure if they were just being nice to the Aussie. It was such a tuff fight against a smaller guy who when I hit him with everything I had. It looked like he was on holiday. It was hear I was given the nick name jamie or jimmy the jet. I later received my red singlet in Kick Boxing through All Stars self-defence Academy and my lifelong friend and mentor Kancho Rod Catteral. Which was associated with the World Kick Boxing Association W.K.B.A. in conjunction with the legendary Bob Jones.

In 1999 Thanks to Mr Alfie De Lorso I started my own Martial arts club at the Melbourne Sports and Aquatic Centre or M.S.A.C. I called it the Martialarts Training Company also known as MTC. As homage to MTC and the Melbourne Taekwondo Centre. Since then we have changed venues 4 times. Currently we are in Ringwood and I now have a business partner fellow Master instructor and all-round nice guy Mr David Cronin and his lovely wife Veronica who has supported this new business venture since its new beginning. So many people have helped in making this history from its early days they were people like Deb Markowski and her wonderful sons, Robert Renner, Conrad Derasario, Carlo Urpis, Bay Abbey, Melissa Kenihan, Christina Kothrakis, Mel Cadman Peter Drinan, David Law and his son, Hans and Kurt Buetner, Rod Thomas, Karl Dorning, Josie Gianoppolis, Seth Healy, Stacey Potts, Stella Lipman, Ashley Read, John Martin, Lydia Zakkas, Enzo Sagatelli, John Jory, Cameron singleton, and Tyronne Crosse to mention a few.

To the current days People who I can't live without and have done and continue to do so much, First on the list is the one and only amazing Mr Paul Corrigan, Bill Howden, Anthony Brooks Tony Devlin, John Exton, Michael Woodrow, Paul Santiago, Paul Dynan, Chris Arnott, Emily Moore, Jack Moore, Stephan and Eleanore moore, Sarah Ashmann, Elliott Lee, Ben St Clair, Aiden Howey, Ian Ampongnam, Peter Bedgood, George Kep, Julian Hertan, Rafe Orsini, Eloise Jeffries, Jack Haywood, Grace and Jeremy Walton, Elizabeth Reddie, Tex Langford, Cameron Singleton (again and always), Carolyn Jones, Dearne Mills, Cameron and Derick Upward, Greg and Bronwyn Butterworth, Mark Nolasco, Tyler Marsh and so many more.

It was a great honour and I took great pride in helping people grow. This is what kick started me on a brand-new journey of discovery. Because I had many friends who were national and international coaches and athletes who I admired and respected so much. I wanted to bring more to the table, I wanted to empty my cup and become a better martial artist. I wanted to be a better instructor. I saw this program where one man in the United States was a black belt in 6 different styles of martial arts and I thought. That's what I want to be as an instructor. I want to be able to help students with a variety of skills and a broad range of knowledge. So, my quest began.

This was the year I started Hapkido with Master instructor John Jory and Loyd Cogoi with my friend and now Master instructor Enzo Sagatelli. Under the leader ship of the One and only Grand Master Mr Sung Soo Lee. Who is also just a really nice patient kind and caring man. Hapkido has been described as the thinking man's Martial art. It did great damage to my joints and tendons. I spent a fortune on doctors' bills. Chiropractors, Osteopaths, Physios and lots of chines medicine. Keeping my body together as I continued on the road to black belt. After flying to Brisbane and huge thanks to Grand Master and friend Mr Michael Tan I received my 4th Dan in Hapkido last year.

In the early 2000's I started hanging out more with a true Martial arts practitioner and BJJ Black belt Mr Tyronne Cross. Who like Mr Michael Tan I met while on the Australian Taekwondo fighting circuit? Tyronne is truly a rare and special man who I am lucky to call friend. Not only did he get me into Brazilian Ju Jitsu and helped me despite my many injuries obtain my blue belt in BJJ. He also introduced me to the Israeli Defence Forces fighting system of Krav Maga. Based on natural instinctive human reactions. This helps create the S.P.E.A.R. method. Spontaneous Protection Enabling an Accelerated Response. In which I was recognised as one of the first 20 Australian instructors. It was a truly remarkable course. I broke my hand. I broke my foot I fractured my ribs and had a pinched nerve in my back. Their training style at the time was military and something I was not accustomed too. The nicest and best people on the course was a Special Air Services or S.A.S soldier called Horse and a commando in the Singapore army called Sacha. I was also very fortunate to meet and train with the founder of Krav Maga Global / KMG Mr Eyal Yanilov with the help and support of Graeme Kuerschner in Adelaide home of the first Australian full time Krav Maga studio.

Since I started martial arts I have always dabbled in weapons. I remember doing a Nunchaku course at the Y.M.C.A. in the city in the late 70's and early 80's I also studied Kendo (sword) for a short period of time. I have trained in weapons throughout my martial arts journey in the various styles I have studied. One of my highlights was training with Guru Dan Inosanto who was graded to Black Belt by the Legendary Mr Bruce Lee. The styles I've studied include fire arms such as long arm rifles and guns, knives as well as all the traditional weapons. My favourite style is the Philippines style of stick fighting called Eskrima. It is with Ray Floro fighting system I obtained the level of Knife instructor. I also teach my own style of weapons which is a hybrid of all I've learnt over the last 40 years from thousands of hours of lessons in the different styles of martial arts I have knowledge in. The MTC weapons system is a simple to use skill set that translates to multiple weapon use. It enables the user to cross reference the techniques to utilize a broad range of weapons and concepts.

As we all know the last 20 years with the help of the UFC ultimate fighting Championship and the growing popularity of Brazillian Ju Jitsu or BJJ, martial arts are more popular than ever. It is with this in mind I designed and created my own MMA Mixed Martial Arts program. I bought the basis of this program off my chief master instructor of BJJ John Will of whom I also do some of my BJJ training under who is also associated with the legendary Machado family. Thus, the name Will Machado BJJ. I also have the great pleasure of training with and under BJJ black belt Mr Chris Arnott. This was the starting point which I add to yearly so our syllabus is always growing and at a world standard. The person who helps me most in keeping the program current is Taekwondo 4th Dan Head instructor Ian Ampongnam who is also a brown belt in BJJ. He is a training partner a friend a mentor and a real inspiration to me in my personal life as well. I'm still looking for an association to support the program I deliver. However, the ones I approach seem to want a lot of money first for that right. So, it has become a stand-alone fighting system designed and implemented by the MTC team of instructors. It includes the basics in Boxing, Kick Boxing, Muay Thai, Taekwondo, Wrestling, Take down defence, Ground and pound and BJJ.

This accumulation of knowledge led me to write a book. I called it joining the D.O.T.T.T.S. of life and self-defence. D.O.T.T.T.S. stands for Defensive Offensive Tools Tactics Techniques and Strategies. I wanted to help my students and their families in common sense self-defence. I believe the easiest and quickest way to do that, is with knowledge. Hence the book.

WHY I WROTE JOINING THE D.O.T.T.T.S.

Even if you are on the right track you will get run over if you just sit there.

Violence, to me, is one of the most disturbing occurrences in our society. Unfortunately, it is on the increase. To ignore it is to be ignorant. To be aware of it is practical. To prepare for it is just survival. That is why I have written joining the **D.O.T.T.T.S.** of life and self-defence. Most parents encourage/make their kids learn how to swim at an early age, which I believe is a life skill that should be learnt. Question? How often are they in the water compared to school, the street or a situation where communication, confidence, self-esteem, self-worth and knowledge of self-defence can play a vital role for them to stay out of harm's way and survive? Fitness, health, well-being, knowledge and combat skills are a necessity in life. When we promote our mental attitude, and become tactically more prepared, we can create the ability to deal with any situation. Including, but not limited to, the emotional, spiritual, financial and physical situations that inevitably develop in life. By joining all the **D.O.T.T.T.S.** together we can have a picture of ourselves and family looking happier, feeling stronger than we ever have before, through the knowledge that we are safer and better prepared, more than we ever have been before. These are some of the ingredients for a better life. This book breaks down and covers in brief a broad range of subjects such as the law, pressure, empowering tools, stress, self-esteem, self-defence, confidence, communication and negotiation styles all of which pertain in some way to a better performance and understanding of ourselves and others as well as the options available to us in a pressure / conflict environment. All of which when combined can and will create a better safety condition.

I have been told more than once without validating the source that less than 3% of the world has an understanding/train in the art of self-defence. Self-defence/martial arts have evolved greatly over the past 50 odd years. Long gone are the days of the 'fair fight'. There are no rules of engagement. Weapons can and are brought to/introduced (improvised) at any stage of an altercation for any reason by the attacker/defender. 'Fair tactics'/'reasonable reaction or responses' are rarely employed by an attacker, and should never be assumed they will be. What I describe as a **C.R.A.Z.E. attacker** - **C**ommitted. **R**eckless. **A**ggressive. **Z**ealous. **E**nraged. **attacker**/s can be anywhere.

Note; I consider an action without conscious thought as a reaction. And an action with conscious thought as a response.

C.R.A.Z.E. attackers react or respond and are known to continuously deliver blows to the defender even after they have been rendered unconscious. It can happen anywhere to anyone and at any time. Even in your own home, if you look at the statistics. Assume anyone may have or introduce a weapon of some sort during negotiations/conflict. Even in the corporate world this can and does occur. The weapon may not be able to harm you physically but financially, mentally and emotionally instead. Example: a hostile-takeover where the ramifications can be considered just as painful, shattering and deadly as a physical altercation. The acceptance of this will help you **DECIDE** if the Individual has any **A.M.O.** (refer notes) which options to take and be used.

D.E.C.I.D.E.

Define the situation / problem / challenge. Make it clear in your mind.

Exercise caution, bite your tongue even. Patience is a virtue.

Constant collection of information to make an informed decision.

Interpret the information look at it from all perspectives.

Decide between the alternatives e.g.; cost / loss, win / lose.

Examine decision and be sure of it.

I. A. M. O.

Intent

Have they the purpose / plan / aim / goal / intention to attack

Ability / skills

Have they got the physical / mental Power / capability / skills to attack?

Means / resources

Have they got the assets / method / tools / resources for attack?

Opportunity

Have they the opening / chance / prospect / opportunity of attack.

As a reminder always err on the side of caution.

(Eg: avoidance/walk away/ignore/comply/talk or negotiate/distract and run i.e. escape) Everyone, everywhere, everyday should have a Constantly Concealed Analysing Persona i.e.; (Cool **C.A.P**) Also Known As situational awareness this will help improve their **Safety Condition**.

It has been said that people are like animals, we are hunters and gatherers. However, we are at the top of the food chain. We have and continue to evolve. We improvise adapt, modify and overcome. We have the capability to learn through all our senses. The following information is a personal summation and generalisation of martial arts and life. And is not necessarily the point of view of associated martial artists, martial artists or other self-defence exponents. The purpose is to provide broad introductory information that is useful, logical and effective. It has been accumulated over time through a large variety of classes, books, videos, seminars, lectures, and films. I have endeavoured to transcribe that knowledge into a logical and effective terminology in the hope it will be a useful and helpful learning tool for everyone who reads it and wishes to become a better martial artist, regardless of experience, culture, age, sex, size, or skill level.

I have had the pleasure of being taught by many people and learn from everyone I meet, from all walks of life, regardless of age/culture. When I teach, I teach through my personality and from my heart, while I continually endeavour to expand and broaden my foundation of knowledge that continues to grow and continues to amaze me. I believe it is up to the individual to decipher what is genuine, what is effective and what is fun.

As a professional martial artist who has been involved in martial arts and self-defence for over 40 years, I have had the great honour of helping 100's of people gain their blackbelts. My role as a student and an instructor in several different martial arts and self-defence styles who has competed at a state national and international level. Who was fortunate enough to win the gold and not win the gold multiple times. Which means I have experienced first-hand the emotions, reactions and consequences involved in winning and the far more often in most cases losing. I've been bashed up and bullied. Knocked down and knocked out. I have had 100's of full contact taekwondo fights including kick boxing. In addition, I'm a Veteran of numerous street confrontations/encounters that have involved multiple attacks, firearms as well as blunt and edged weapons. Which has resulted in as I stated before over a 100 stitches so many fractures it's hard to count and over 10 operations. The last two operations were life changing as they lead to nearly 3 years off work one due to a new disc in my neck the other a hip surgery that left my left leg totally paralysed and me in hospital for over a month. Experiencing great pain, anger, frustration and an array of other emotions that come into play when your world crumbles around you and life changes, without consulting you first. To this day It is still numb and I still cannot lift my leg without pain. I continue to seek medical assistance for my neck and body which is in a constant state of pain at a very high and intense level.

With all these life experiences I still found the time to push myself in other areas of life. I have pushed myself to jump out of a plane, and do every type of bungee jump

I could find, (which is really hard for me as I'm scared of heights) I have scuba dived, been white water rafting, and on numerous occasions tested myself rock climbing and abseiling. Like I stated previously I have performed in the film theatre and television industry. I have been fortunate enough to have hosted live shows in front of over 20,000 people, I have even been a stand-up comedian, a dancer and I'm a very proud dad who has seen a bit of the world.

The thing all these moments have in common I was always scared, really scared.

However, the hardest of all challenges in my life has been my divorce and loss of that connection with my son. When I was divorced, I cried for over 400 hrs in the first 6 months. I gained nearly 50kg. Not being able to talk or see your child and losing everything you worked for hurts. Working 70 + hrs a week for over 20 years then losing your dream home, your factory, your business, your security, your money, your friends is a very hard thing to overcome. YET WE MUST

THE MIND

'Fortune favours the prepared mind'

– Unknown

Something I often remind people of in seminars is one of the most powerful assets and weapons we have is the focused mind. We can literally use it any place and at any time for any problem.

Things like Confidence, attitude, belief in oneself, knowledge, tactics, strategy and being cunning are weapons of the mind. Mental toughness/mental readiness are a vital component to develop for the defender to be more confident, efficient and effective during conflict and negotiations at all levels and in all situations of life. Many victims of a crime are not just physically but mentally over whelmed from the onset of an attack they can be stunned from the blows, but it is not necessarily due to their effectiveness. Rather the disbelief/shock associated with the idea that this could actually be happening to them. So how can we reduce the negative effects of emotions, doubt and adrenalin, the focused mind? The focused mind attached to the skills we learn our physical ability, our talent and this mental toughness we develop over time, can do just that and so much more. That is why it's such a tangible, priceless and powerful tool. We cannot control many situations in life for they are outside our control, however we can control how we respond in those situations. Taekwondo and martial arts has helped teach me this and supported me in my darkest hours.

For all of the above experiences and the people who helped to create them on this amazing, wonderful, hard, sad, exciting, fun, humbling and joyous journey of mine I thank you from the bottom of my heart. For my life is full of memories. Some good, some bad, some disappointing but mostly memorable and truly unforgettable.

We are all a product of our choices and experiences. Mine led me to write about
This journey of knowledge and it's what helped me to write the MTC

Mission Statement

The **MTC** mission is one of commitment. A commitment to provide World Class age appropriate effective Martial art instruction to each and every one of our students. This is done in a fun, family-friendly, clean, safe and positive environment that promotes mutual respect and courtesy. This helps create our culture that encourages, motivates and inspires people of all ages to challenge themselves, to lead a healthy more balanced lifestyle with the values, virtues, compassion, and confidence that comes from a stronger mind, body and spirit created through Martial arts.

This is based on our unwavering belief that Martial arts profoundly improves lives.

This is achieved through a five-point principle.

The first is our diverse syllabus which incorporates modern, effective defensive techniques, tools, tactics and strategies with traditional Martial arts values and philosophies.

The second is our Instructors. The two head instructors are both State National and International gold medallists with a combined Martial art experience that spans over 60 years. Both are 6th dan Taekwondo master instructors in Jidokwan as well as Kukkiwon. Both are also instructors in several different Martial art styles. All MTC instructors have a working with children card and hold a current First Aid certificate, and all go through a continuous, lengthy and ongoing teaching program that consistently enhances their skills and in turn the skills, confidence, and knowledge of the students.

The third is our students who are the main reason and purpose we are here. The MTC team has a goal – and that is to help you reach your goals. We believe and live by the acronyms; T.E.A.M. and H.O.P.E.

Together **E**veryone **A**chieves **M**ore
Helping **O**ther **P**eople **E**very day

The fourth is our facility. We take great pride in keeping it clean and making it safe. We are constantly improving our facilities with new-to-market equipment. We provide showers, a personal training studio which has a rehabilitation area, as well as equipment to deliver a recovery program for our elite athletes. We have a great games area for the kids and parents with air hockey, free wifi, the latest magazines, and so much more. Not to mention its one of the largest, and best equipped, training areas in Australia.

The fifth is service. Service with a smile is our service standard. The service our staff give the students and parents is based on the culture of **MTC** which embodies enthusiasm, honour, and respect.