

GENTLE WAY OF SELF DEFENCE

柔道 武芸 自衛

*“Traditional Martial Arts
for Health and a Practical Self Defence
with a Modern Duty of Care”*

ALL STUDENTS begin with a foundation program which forms part of two separate graded levels for Tai Chi for Self Defence and Go-Ju Ryu Karate for Self Defence where the focus is on empowerment through self-defence, self-confidence, humility and respect for others and NOT training for competition, tournaments or trophies.

FOUNDATION program involves learning Tai Chi forms and Go-Ju Ryu Karate forms or kata with a practical focus on Self Defence applications which utilise the opponent's energy and principles of leverage and biomechanics to develop an “efficient and effective” approach to self defence. This provides introduction to two separate five level grading curricula from white to black belts for Tai Chi and Go Ju Ryu Karate with the common focus on the Gentle Way of Self Defence.

From the beginning of practising solo forms or kata, the emphasis is on learning the art of relaxation in a state of readiness as to what the Chinese call “Soong” and what the Japanese call “Zanshin” - meaning a relaxed state of alertness and awareness.

“Soong” 鬆 “Zanshin” 残心

SOLO FORMS OR KATA are flowing movements, combining breathing and martial techniques in a choreographed sequence performed in accordance with martial principles.

GENTLE WAY OF SELF DEFENCE CLASSES includes an extensive and integrated range of practical martial knowledge & technique from Karate, Jujitsu, Judo & Tai Chi Chuan with the focus on:

- Learning control and how to relax
- maximum efficiency with least effort
- safety and respect for others
- always working at your own level and own pace

The student at ALL times retains the option to participate or not to participate in any particular activity including grading which is optional.

Classes include optional partner practice but do NOT involve grappling, throwing or falling NOR any form of full contact or free sparring.

GENTLE WAY OF SELF DEFENCE -Training the mind and the body should go hand-in-hand and not remain divided entities. In Japan, two of the most well-known forms of the Gentle or Internal Martial Arts are Judo and Jujitsu. In China, Tai Chi Chuan is the most popular form of the gentle or internal martial arts, where the efficiency and yielding principle is expressed as -

“Four ounces can move a thousand pounds.”

The efficiency principle in Japan is called - *Seiryoko Zenyo* which means - *Minimum effort with maximum efficiency* which includes *Ju yoko go o seisu* which means *Sofiness controls hardness*

SEIRYOKO 精力善用
ZENYO

The “push-pull” yielding principle in Tai Chi Chuan, Judo, Jujitsu and Goju Ryu karate thus expresses the flexible way of “borrowing” the opponent's force and energy to maximum advantage.

Ethical Principle – Mutual Respect

JITA 自他共榮
KYOEI

The expression *Jita Kyoei* reflects the ideal that we train half for ourselves and half for others. The *Jita Kyoei* principle is about *mutual benefit*, respect and co-operation.

TAI CHI FOR HEALTH & RELAXATION

ALL STUDENTS begin with the Sun style Tai Chi 12 form which is suitable to learn in a relatively short period of time. This provides a solid foundation to move to the next level which will include in the Tai Chi class other forms and styles such as Yang and Chen and the Yang 52 “Moving Stillness” Tai Chi Fan.

These classes may include some optional partner work in understanding self defence applications of the form or kata but do not include activities which involve physically throwing, grappling or sparring. All activities are optional, working to your own level.

The Martial Arts for Health focus in ALL classes is aimed at safety at all times, improving balance, co-ordination, reflex action, strength, stamina, flexibility and general fitness. All classes include Qigong (Chi Kung) Breathing and Relaxation Training AND principles of safe and efficient movement where posture, relaxed continuity of movement, co-ordination of legs, arms, upper and lower body, using “will” and not strength, all operate to achieve a relaxed harmony between body and mind and to express the basic tenets of control, efficiency, technique and artistry.

www.taichiredlands.com

GENTLE WAY OF TAI CHI “The Grand Ultimate Self Defence”

An energy efficient INTERNAL Chinese Martial Arts style utilising “push-pull” yielding principles and movements based on circular flowing movement and even tempo, making for harmony and balance. In the immortal words of Lao Tzu:

*“Nothing under heaven is softer or more yielding than water;
but when it attacks things that are hard and resistant,
there is not one of them that can prevail.
That the yielding conquers the resistant and the
soft conquers the hard is a fact known
by all men, yet utilized by none.”*



太極拳道



GENTLE WAY OF KARATE

“The Way of the Empty Hand and Self Defence”

Karate-Do historically did not evolve from the traditions of the Japanese martial arts but from the Okinawan traditions of the martial art Tang Te (唐手) meaning Chinese Hands. Okinawa is part of the Ryukyu Islands half way between Japan and China.

The Okinawan martial arts were heavily influenced by southern styles of Chinese boxing, including Tai Chi, Pa-Qua and Shaolin Temple boxing. The Japanese name of *Kara-Te* (empty-hand) was not decided upon until 1935 as the WAY (Do) of Karate.

空手道

GOJU RYU - NAHA –TE Traditional Okinawan Style of Karate

The *Goju* system is a blend of hard and soft techniques. The strong snap technique is combined with the free flowing techniques of the soft Chinese styles involving breathing and control of the ki or chi. The *Goju* karate- training is to be able to move quickly between - hard and soft techniques and to draw back, deflect and utilise the strength, energy and power of the opponent to maximum advantage.

Qigong and Kata - *Goju* karate places great value on the art of relaxation and developing powerful diaphragmatic breathing thus enhancing the power of the technique. *Goju Ryu techniques* are practised in forms called Kata which represent an arbitrary sequence of techniques strung together in a flowing and controlled manner serving as curricula for disassembly (Bunkai) and practice. *Goju* karate places great importance on Kata from beginners through to black belt.

Chief Instructor - Dr Denis Arthy

Registered Martial Arts Instructor – Japan
Black Belt Karate 3rd Dan
Shodan Black Belt in Judo
Affiliated with Sakurakan-QUBBA est 1960

- Third Dan Black Belt Instructor - Shido qualified through Shinbukan Australia affiliated with the International Self Defence Federation, the Iagaryu Ninjitsu Federation, and international Sports Chanbara Association in Yokohama Japan.
- Shodan Black Belt in Judo and 1st Kyu in Jujitsu with QUBBA, Queensland United Black Belt Association Inc, an association of black belts and martial artists responsible for a comprehensive curriculum from beginners level through to advanced levels.
- Student of the "gentle" or "yielding" martial arts since the early 1960s in Judo and Jujitsu, with traditional Yang style Tai Chi Chuan & Goju Ryu Karate since the early 1990s, and with Sun, Chen and modern Yang Tai Chi styles since the late 1990s.
- School affiliated with QUBBA since 2002
- Completed Level 1 Ausport Coach with Australian Sports Commission, Martial Arts, Self Defence in 2004
- Kata Competition Judge at Qld Police Games at Gold Coast & Beenleigh 2003/05
- Completed Tai Chi for Health Instructor training with the Tai Chi for Health Institute and Exercise Medicine Australia
- Co-author with Elva Arthy of textbook - *Tai Chi Dreaming: Scientific Study of Tai Chi for Health* 2nd edition published June 2010
- Presenter at Tai Chi for Health workshops with Tai Chi for Health & Community Fitness including Advanced Instructor Training for Tai Chi for Health
- Author of *Gentle Way of Tai Chi Mirror Chi Kung & Hooked on Speed*



Other Instructors

Sempai Jo Garcia - Sandan Goju Ryu Karate-do GASD

Master Trainer Elva Arthy - Black Belt Tai Chi Chuan-Do; Brown Belt Goju Ryu Karate-do GASD and Master Trainer (retired) Dr Lam's Tai Chi for Health Institute

For Further Information Contact Denis

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www.taichiredlands.com

Term Fee for Two One Hour Classes
Suitable older adults
Minimum age 17 years
All classes by invitation only
Yearly School Membership Fee

Mondays during Term Cleveland

Tai Chi for Health & Relaxation

6.00pm to 7.00pm
&

Gentle Way of Self Defence

7.00pm to 8.00pm

*All classes include kata/ form practice
with practical applications for self defence,
improving balance, co-ordination, reflex action,
strength, stamina, flexibility and general fitness*

Tai Chi Qigong for Health
Day time classes available through
Tai Chi Redlands www.taichiredlands.com

All classes focus on

- *Mutual Respect* -
- *Energy Efficiency* -
- Safety working to own level* -
- *Minimum Force with Maximum Effect* -

GENTLE WAY OF SELF DEFENCE

柔道 武芸 自衛



Dr Denis Arthy

Martial Arts for Health Practical Self Defence

- *Gentle Way of Self Defence*
- *Relaxation & Qigong*
- *Minimum age 18 years*
- *Suitable for Older Adults*
- *Tai Chi & Go Ju Ryu Karate-*
- *Small Classes - by invitation*

1 September 2024