

### Kicking together, and sticking together

More and more parents are looking to martial arts to empower their children. It's an environment in which kids are able to learn invaluable self-defence skills through a combination of discipline, fun and fitness. At Martial Journey academy of martial arts, we are also finding that more parents are choosing to reap the benefits first hand.

### Meet our members

#### Point Cook | Adrian Bibby & daughter Ella

Adrian, who took up Taekwondo and Judo, in his younger days, recognised that learning a martial art would be a positive influence in his daughter's life.

"I was interested in the all-rounded style taught by Martial Journey."

"The school made a great first impression. I liked the easygoing, non-threatening nature of the instructor, and I liked the way the kids' class incorporated game based learning. I noticed that the kids were enjoying the class, and having fun."

Ella was 5yrs old when she started with Martial Journey. She said "I loved it right away." "The training can be hard but it's fun too."

About a month after Ella joined the school, Adrian signed up too. "Turning 40 was a big motivation. I figured if I don't do it now, I probably never will. I also thought that it'll be nice for Ella to have someone to train with. We practise together at home and work on our techniques."

"I can see that Ella is more confident, and she's learning about discipline and perseverance. The improvement in her balance and co-ordination is an indication that the training is working."

"Personally, I've lost 12-13kgs since I started, and I haven't been as fit since my twenties."

"In the beginning, I thought I'd never do the rolls, but I'm pretty confident with them now."

"Going on camp recently, and doing the high ropes course when I'm not comfortable with heights, shows how far I've come."

Adrian and Ella are both purple belts at the moment. When asked whether she thinks she'll ever get to black belt, Ella responded "I don't know, but dad will."

### Martial Journey Open Day

"We teach a style named Issei Ryu Bujutsu, which means 'lifelong art'. It covers a broad range of training, which the public will be able to sample on our open day. We cater for children and adults of all fitness levels and abilities."

When: Saturday 19 July 2008  
Time: 10am to 12:30pm  
Where: Jamieson Way Community Centre, Point Cook

Drop in to spectate or participate in light training sessions, speak to instructors and members. For more information, please visit [www.MartialJourney.com](http://www.MartialJourney.com) or call **1300 ONE TRY**.