

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

Geelong | Peter Hogg & son Callum

Martial art is a bit of a tradition in the Hogg family; with both dad (Peter) and granddad having a history of karate training back in Scotland. So naturally, when Callum showed interest in learning a martial art, Peter was happy to accommodate.

"I felt that the discipline will be good for him, as well as the fitness. I also wanted him to learn a bit of self-defence so he can look after himself."

Callum started learning with Martial Journey academy of martial arts about a year ago, when he was 8yrs old. Peter was impressed with the style (Issei Ryu Bujutsu) being taught. "I like that it focuses on self-defence and not competition. I love the variety and all the different aspects of martial arts covered."

It wasn't long before Peter decided to join too. "I thought it'll be nice to go through the process with Callum." "I've been absent from training for about 20yrs, so it's very satisfying to get some of the fitness back."

"I'm older than most of the others in class, but everyone had been so welcoming and willing to help. It's a really pleasant environment to train in."

According to Callum, his instructor "is encouraging. He pushes me to work hard, but he's also very funny."

Callum really enjoyed the opportunity to train with Peter in the adults' class, "I love that it's something I can do with dad."

Peter agrees, "We're a close family to start with, but having something like this in common helps strengthens the bond."

Peter and Callum will both be going for their purple belt grading in August.

Martial Journey academy of martial arts

"We focus on practical self-defence, and cultivating well-rounded and effective martial artists. We cater for children and adults of all fitness levels and abilities."

For more information please visit www.MartialJourney.com or call **1300 ONE TRY**.