

SELF DEFENCE

Street Combatives - Tactical Training - Mixed Martial Arts

ABOUT US

The New Toronto Academy of Martial Arts has been a part of the Etobicoke community since it opened its doors in 1993. The academy has been accepting students from all walks of life to learn and train, hosting and participating in seminars, tournaments, and workshops with students and instructors from around the world.

Keeping with traditional dojo customs, NTAMA fosters an ever growing community with a humble family-like group of students, focused on personal development through the martial way. The club has grown a strong reputation for high quality martial arts training in a fun and positive atmosphere.



SELF DEFENCE

At NTAMA, we believe that Self Defence is an essential life skill that everyone should learn. We teach our students the necessary skills to end any confrontation in the quickest and safest way possible.

A real situation will be messy and stressful, requiring practical, easy to learn techniques that are effective when adrenaline is pumping. NTAMA provides a safe, controlled environment for participants to practice self defence through step-by-step applications, quick response scenarios, impulse drills, and group discussions.

It is our goal to provide students with mental and physical tools for survival, making them more confident and better prepared for a threatening or violent situation.

What We Teach

- ▶ Awareness, avoidance, and a survival attitude
- ▶ Distancing, range, and using the environment
- ▶ Stance, strikes, blocks, and target areas
- ▶ Movement, speed, timing, and impulse
- ▶ Escaping grabs, holds, and locks
- ▶ Joint Locks, take-downs, and throws
- ▶ Ground defence and offense techniques
- ▶ Reaction drills and scenarios
- ▶ Pressure Point Control Tactics
- ▶ Weapon defence strategies
- ▶ Defending against multiple attackers
- ▶ Improvised defensive weapons and kubotans





AREAS OF FOCUS

"There's only one basic principal of self-defense. You must apply the most effective weapon, as soon as possible, to the most vulnerable target."

- Bruce Lee

The Mindset

The mindset includes mindfulness, awareness, body language, reaction, voice, and distance. Students learn to make themselves a difficult target through their voice, distance, and environment, knowing when to run and when to fight.

Strikes, Kicks, and Blocks

Students will learn the basics of stance, range, striking combos, scratching, gouging, kicking, blocking, and movement. They will also learn the vital target areas and how to hit them.

Grabs, Escapes, and Attacks

Students will learn persuasions, escapes, and counter-attacks to scenarios such as wrist grabs, clothing grabs, chokes, headlocks, hair pulls, bear-hugs, and being pinned to the ground. Other attacks include punches, kicks, and charging opponents.

Weapon Defence Strategies

Defending against an armed attacker, students will practice safe and controlled defensive tactics against batons, baseball bats, knives, and handguns using "training weapons".

Joint Locks & Pressure Points

Students will learn arm and wrist locks for controlling, pinning, and transporting an opponent. Pressure point targeting can persuade an opponent to follow commands and cause pain without serious damage to the body.

Improvised Weapons & Kubotans

Making use of immediate objects and the environment to your advantage, students learn to use objects as weapons and create barriers using their environment.

SEMINAR OPTIONS

After 25 years of seminars, workshops, and public events, we tailor every lesson to the unique needs of our clientele. All our courses are customizable to fit the focus, schedule, and needs of each group. Here are some popular options:

- ▶ Hands-on Practical and/or Group Discussions
- ▶ Hourly, Multi-Day, or Weekly Courses
- ▶ Day-time, Weekends, and Night Courses
- ▶ Customized Programs and Curriculum
- ▶ Small Parties or Large Group Classes
- ▶ All Ages and Levels of Ability
- ▶ Coeducational or Split (ex. women only)
- ▶ Hosted in-house or on-location

Some of our special programs include:

- ▶ Secondary/Post-Secondary School Courses
- ▶ Corporate Events, Lunch & Learn's
- ▶ Family Safety Seminars
- ▶ Self Defence Dinner Parties
- ▶ Bachelor/Bachelorette Parties
- ▶ Mother-Daughter Self Defence
- ▶ Small Business Workshops
- ▶ Seniors Self Defence Seminars

Call us anytime for more information about our custom programs. Past clients include:





THE BENEFITS

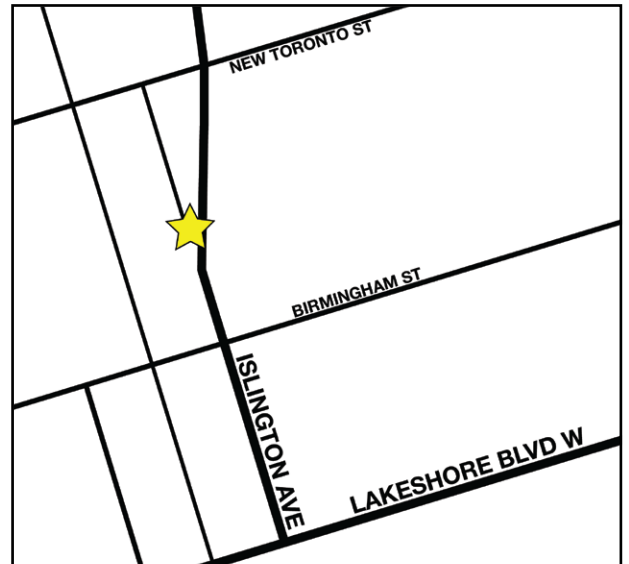
- Awareness of potentially life-threatening situations
- Skills to avoid threatening or dangerous people and places
- Self-defence techniques that are practical and intuitive
- Increased self-confidence to protect oneself and loved ones
- Increased self-esteem, fitness, and overall health
- Feeling more relaxed, positive, energized, and productive

WHY ESP?

Our mission at Effective Self Protection is to help ensure that you know what to do in any situation. Our courses will make you more self-aware, more self-confident, and will help you identify any potentially dangerous situations so you can immediately eliminate any threat. Organizations, corporations, institutions, community groups, hospitals, colleges, schools, and businesses all need specialized physical self defence instruction to help ensure the safety and well being of their employees and communities.

New Toronto Academy of Martial Arts is a subsidiary of Effective Self Protection. Providing intuitive combative training since 1993, ESP has taught people from beginner to expert level, ensuring students gain all the best survival essentials.

www.effectiveselfprotection.com



HOURS OF OPERATION

Monday	6 - 7 AM / 5 - 10 PM
Tuesday	12 - 1 PM / 4 - 9 PM
Wednesday	5 - 9:30 PM
Thursday	4 - 9:30 PM
Friday	6 - 7 AM / 12 - 1 PM
Saturday	9 AM - 1:30 PM
Sunday	10 AM - 1 PM



**EFFECTIVE
SELF
PROTECTION**



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