

# SELF DEFENCE

Pro Problem Solvers - Bullyproof - Street Smart



**NEW TORONTO  
ACADEMY  
OF  
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 proactively avoid and diffuse a conflict through awareness. We discuss how to be a difficult target, to be street smart, and how to end any confrontation in the quickest and safest way possible. All these things combined make our students pro problem solvers.

It is important for our students to understand what a “real situation” is, which will require practical, easy to learn techniques that are effective when adrenaline is pumping. In a school setting, it is essential that we promote safe environments and healthy relationships by providing non-violent physical techniques specific to bullying prevention and intervention. NTAMA provides a safe and positive environment for participants to practice these self defence techniques through hands-on applications and group discussions.

It is our goal to provide students with mental and physical tools to find their inner voice, build character, and develop an immovable confidence. Our students will finish every lesson feeling empowered and better prepared for any situation, promoting an inclusive and accepting climate everywhere they go.

### What We Teach

- ▶ Awareness and avoidance
- ▶ Instilling confidence and a strong voice
- ▶ Street Smart & safe environments
- ▶ Healthy relationships
- ▶ Bullyproof: Prevention & Intervention
- ▶ Positive values and good character
- ▶ Non-violent physical defensive techniques
- ▶ Stranger danger & walking home
- ▶ Defending against an adult
- ▶ Self control and discipline
- ▶ Responsibility & respect
- ▶ Inclusivity and acceptance





## 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:

- ▶ Elementary/Secondary school courses
- ▶ School events, Lunch & Learn's
- ▶ Family safety seminars
- ▶ Self defence pizza parties
- ▶ Birthday parties
- ▶ Mother-daughter self defence
- ▶ Day-care workshops

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



## THE BENEFITS

- Increased self-confidence to stand up for oneself
- Increased self-esteem, fitness, and overall health
- Awareness of potential danger to help avoid it
- Skills to disengage threatening people and places
- Self defence techniques that are practical and intuitive
- Feeling more relaxed, positive, energized, and productive
- Increased sense of community, equality, and inclusivity
- Feeling empowered to make a positive difference
- Feeling safe, self-aware, and in control of oneself



## 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



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