

KEEFE'S

Martial Arts



STUDENT MANUAL

FITNESS
STREET / SELF-DEFENSE
TRADITION

FOR MORE INFORMATION ABOUT KMA'S HISTORY, LINEAGE, OR OTHER
INFORMATION ABOUT THE SCHOOL GO TO OUR WEBSITE

www.stonehamkick.com

TABLE OF CONTENTS

INTRODUCTION.....	3
ABOUT THE INSTRUCTOR.....	3
WHAT IS TAUGHT AT KMA.....	4
WHAT YOU ARE TESTED ON.....	5
RANK CERTIFICATE.....	6
BEGINNER MATERIAL.....	7
INTERMEDIATE MATERIAL.....	8
ADVANCED MATERIAL.....	9
ABOUT SPARRING.....	10
ADDITIONAL FORMS.....	11
SAMPLE DRILLS.....	12
CONDITIONING.....	13
EXPANDING YOUR KNOWLEDGE.....	14
RULES OOF THE SCHOOL.....	15
RULES OF CONDUCT.....	16
JAPANESE WORDS AND NUMBERS.....	17
JAPANESE RANKS.....	18
CERTIFIED BLACK BELTS OF KMA.....	19
GLOSSARY.....	20
JOHN KEEFE'S RESUME.....	24

INTRODUCTION

Welcome to Keefe's Martial Arts.

Whether you decided to study Martial Arts for self-defense, fitness, sport, philosophy, or discipline, you have made the right decision. I have been studying Martial Arts for over thirty years and it has become a major factor in my life. Martial Arts have done more for me mentally and spiritually than it will ever do physically. I hope you will be able to say the same someday. The material in this book should be used as a guide. Your instructor is the key to your success.

“A thousand mile journey begins with a single step.”
Congratulations on your first step.

ABOUT THE INSTRUCTOR

SHIHAN JOHN KEEFE

Shihan has been studying martial arts for over 40 years. To ensure the highest level of quality John still attends classes and seminars with some of the finest martial artists in the world always attempting to expand his knowledge, his abilities and refinement of techniques. John is a 5th degree black belt in Kenpo Karate and 10th degree black belt and founder of “Dynamic Fist Law”. He is also a certified Tai-Chi instructor he has extensive study in Tae Kwon Do, Ju-Jitsu, Karate, Kung-Fu, Boxing, Nihongo (Japanese Language), and weapons. Sensei has been teaching for over 30 years.



Keefe's Martial Arts Theory

What We Teach

KARATE/DYNAMIC FIST LAW - Is the system of martial arts that you learn to get ranked in (White Belt to Black Belt). It includes having to learn and memorize forms (kata) to learn the foundation, basics, and traditions of the martial arts. It's also a street defense system to give you tools for self defense.

KMA ON GUARD - It's the same system except learning and memorizing forms are not required. You also are not tested or ranked in this system. It is a system that focuses on street defense and fitness.

Traditional - "Martial Arts"

Learning the traditional martial arts is learning a system to build focus, discipline, and concentration along with learning the fundamentals of how to punch, block, kick and move. The student also learns the history and respect and discipline of the martial arts. The system of Karate is mostly utilized, but also taught is Kung Fu, Kenpo and traditional weapons. The focus is on basics and forms (katas) in this training.

Street Defense - "Martial Fighting"

Street Defense is learning real common sense techniques for various self defense situations utilizing different martial arts against punches, grabs and even weapon attacks. Taught along side this is learning the more stand off and offensive styles of martial arts and training methods and drills for "squared off" situations. Coupled with the traditional training builds a well rounded martial artist.

Tournaments - "Martial Sport" (Optional, Not Required for Rank)

The focus of KMA is not on tournament training. However if a student is interested in competing, the school has vast experience in tournaments from directing numerous tournaments sponsored by the school, to having students place in prestigious tournaments around New England. Furthermore, Sensei Keefe is a yearly judge for black belt divisions in nationally rated tournaments.

TESTING FOR RANK

Promotion reviews are designed to encourage motivation and commitment to the learning process, in conjunction with the development of spirit, confidence and technique. The promotion helps the student realize the building of short- term goals into a larger goal scenario. The review itself is rigorous and challenging to the physical and mental skills of each student, thus sharpening their coordination, concentration, and awareness of themselves as well as their environment. Each student is responsible for a core curriculum and is encouraged and tested on their ability to assimilate learned skills into new and free flowing thought and movement. At the end of each review the student is either awarded a higher rank (signified by an appropriately colored belt or stripe), and a certificate of promotion, or is given a chance for reevaluation after a period of continued study and review.

Tests gradually become longer and harder as the student advances through the ranks. Beginner tests is approximately 15 -30 minutes depending on the amount of students testing and up to 2 hours for the 1st Degree Black Belt test.

Minimum Training Time Requirements for rank:

Purple Belt (Intermediate Level) - 6 Months

Brown Belt (Advanced Level) - 24 Months

Black Belt (Expert Level) - 36 Months

Most students take 4-6 years to achieve black belt.

WHAT YOU ARE TESTED ON:

Beginner students will be tested on basics and forms.

Intermediate students will be tested on basics, sparring and forms.

Advanced students will be tested on reflex drills, sparring and forms.

Students must be in uniform for tests - School Tee, Black Gi/Gym Pants and Current Belt.

You are awarded with a colored belt and a certificate of rank when awarded or passing a test.

少林拳法武館

KEEFE'S *Martial Arts* ACADEMY

Certificate of Rank

This hereby certifies that

has achieved the rank of

by completing the prescribed course, and for showing loyalty and respect in keeping with the traditions and advancements of the martial arts, has been awarded this rank in the venerable art of Dynamic Fist Law (Kenpo), on

in Stoneham, Massachusetts



Instructor _____

Rank _____

Witness _____

BEGINNER MATERIAL

White Belt, Yellow Belt, Orange Belt

HAND STRIKES

front punch
palm strike
thrust punch
hammer strike
knife-hand strike
spear-hand strike
backfist
ridge hand
tiger mouth
roundhouse elbow

KICKS

front kick
side kick
roundhouse kick
back kick
spin back kick

BLOCKS/DEFENSE

8 point blocking
10 point blocking

STANCES

horse
ready
forward
cat
back

FOOT WORK

half mooning
jump change

DRILLS

BASIC BOXING DRILL
KICKING DRILL
KNEE DRILL
EVADE DRILL
FOOTWORK DRILL

FORMS

Taikyoku, Heian Shodan, Heian Nidan



INTERMEDIATE MATERIAL

Purple Belt, Blue Belt, Green Belt

PURPLE BELT REQUIRES A TEST.

DRILLS

TAKEDOWN DRILLS

ELBOW DRILL

HAND STRIKING DRILLS

JAM DRILL

A basic understanding of martial arts philosophy, strategy and terminology.

FORMS

Heian Sandan

Heian Yondan

Heian Godan



ADVANCED MATERIAL

Brown Belt I, II, III

BROWN BELT REQUIRES A TEST.

PERFECTING ALL PREVIOUS FORMS

PERFECTING SPARRING SKILLS

An understanding of martial arts philosophy, strategy and terminology.

An understanding of the basics of other martial arts.

FORMS

Long Fist Kung Fu Forms 1 & 2

or

Karate Form - Basai Dai or Tekki Forms

1 Weapon Form



SPARRING

THREE STEP SPARRING

This type of sparring is good for beginners. It lets you practice both defense and offense regardless of the ability of the opponent. Each person is allowed to do three strikes as the other defends. After the third strike, the other person does his three strikes and the previous attacker defends, (then repeat).

TOURNAMENT POINT SPARRING

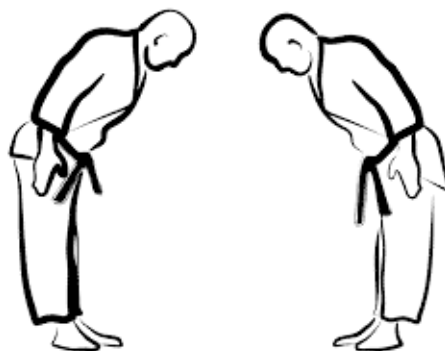
In point sparring, the sport side of martial arts, you receive points for striking the opponent (touch contact) in legal areas. The winner is the person who receives 3 or 5 points first. Other than to win trophies at a tournament, point sparring can enhance speed, timing, and overall strategy for sparring. It is used in the school for training.

FREE STYLE

Free Style is like point sparring with less formal rules. From kicking and hand techniques from Karate and from Boxing, to Kenpo, Taekwondo and Ju-Jitsu. Free Style lets you spar in a more realistic manner. It promotes work on timing, distancing and feinting and contact — all important for self-defense.

CONTACT SPARRING (Adults Only)

This type of sparring teaches the student the importance of learning real distancing using contact. It also teaches the student to get use to being hit. Proper full contact gear is used.



ADDITIONAL FORMS

These forms are taught after black belt or to students who advance more quickly before black belt.

FORMS (KARATE)

HEIAN - Shodan, Nidan, Sandan, Yondan, Godan

TEKKI - Shodan, Nidan, Sandan

BASAI DAI, KANKU DAI, EMPI, GANKAKU

FORMS (KENPO)

1-6 KATA - Karazenpo (Kenpo)

1 KATA - Oki Ryu Kenpo (Don Rodrigues)

CIRCLE OF THE TIGER, CAT 3 - Nick Cerio Kenpo

STATUE OF CRANE FORM

FORMS (KUNG FU)

YI LU MAI FU - Long Fist Kung Fu

ER LU MAI FU - Long Fist Kung Fu

LIN WAN KUNE - Sil Lum Kung Fu

24 MOVEMENT SHORT FORM- Tai Chi

(WEAPONS) FORMS

JAPANESE

KANI GAWA NO NICHU GAMA - KAMA

MATSA HIGA NO - SAI

MATSA HIGA NO - TONFA

SUZI NO KON SHO - BO

NOBUNU - BO

AMERICAN

CERIO NO KON SHO - BO

KUNG FU

WAH LUM STAFF FORM - BO



CONDITIONING

To excel in the martial arts you should be in the best condition possible. Flexibility, strength, and cardiovascular development are areas which you should train in.

FLEXIBILITY

Although it is not imperative to kick as high as the head in Kenpo Karate or Jujitsu, it is an asset. In martial arts, stretching is more for loosening and warming the muscles, to prevent injuries. However the skill of kicking high gives you an advantage.

CARDIOVASCULAR (AEROBIC)

If you are looking for weight loss, an aerobic program combined with choice food intake is the ultimate combination. To receive a true aerobic workout, exercise must be kept steady for at least 15 minutes. Also, this should be repeated at least three times a week. For more benefits, add more time and frequency to your workouts. If you are in better shape you will no doubt be a better martial artist. Aerobic exercise will complement all other activities. If your opponent is more skilled than you, outlasting him/her is a strategy.

STRENGTH (ANAEROBIC)

Anaerobic exercise is important in martial arts for strong punches, kicks, blocks and stances. You are building strength when practicing. Additional exercises such as push-ups, sit-ups, and even punching and kicking the bags are good additions. Lifting weights is also anaerobic but you must be careful what course you choose. Some types of weight training can interfere with martial arts training. Circuit training coincides best with the martial arts. Martial arts is an anaerobic exercise. Aerobic conditioning requires a sustained exercise for 12 minutes or more, at your target heart rate. Example: running/jogging.

Anaerobic exercise, by contrast, is executed with short bursts of energy. Example: sprinting, push-ups.

Internal Strength is using muscles against muscles. One is like doing dynamic tension of different muscle groups and holding positions like a horse stance for 3 minutes.

Being stronger than your opponent is an advantage. You should strive to be more fit.

HOW EXPAND YOUR TRAINING

READING

Your instructor can drill you on his techniques and philosophy. Reading can give you different insight. Reading other people's thoughts and ideas can create new ones for yourself. Bruce Lee had a library of over two thousand books on martial arts and related material. Musashi, Japan's legendary swordsman, read many books, including the Art of War and then went on to write his own book the book of five rings . You can learn different techniques, philosophy, strategy, stretching and history.

SEMINARS

Like reading, seminars with different instructors can advance your knowledge and training. However, it is important to have some experience before you enroll. Seminars are advanced. They can also cost you a month's worth of classes for about four hours. Choose a person or discipline that interests you.

TOURNAMENTS

Tournaments are the sport side of martial arts. Although it is not mandatory to enter a tournament it is recommended at least once for experience. Forms, weapon forms, and sparring are offered. Tournaments are broken down by age, rank and gender.

There are some rules and regulations to follow which can be found in the United Tournament Karate rule book.



RULES OF THE SCHOOL

THERE WILL BE NO VULGARITY OF ANY KIND PERMITTED

RESPECT MUST ALWAYS BE SHOWN TO YOUR INSTRUCTOR
AND BLACK BELTS

CHIEF INSTRUCTOR MUST BE ADDRESSED AS SENSEI/SHIHAN

ONLY MARTIAL ARTS SNEAKERS MAY BE WORN IN DOJO

STUDENTS MUST BE IN UNIFORM FOR CLASSES AND TESTS

NO ONE IS ALLOWED IN DOJO DURING TESTS OR BLACK BELT OR PRIVATE
CLASSES

NO JEWELRY MAY WORN IN DOJO DURING WORKOUTS.

ARRIVE PROMPTLY FOR CLASS; LATE STUDENTS SHOULD ASK PERMISSION TO
ENTER DOJO.

ANY STUDENT WHO INSTIGATES A FIGHT INSIDE OR OUTSIDE THE SCHOOL
WILL BE DISCHARGED

ANY STUDENT CAUGHT STEALING WILL BE DISCHARGED FROM SCHOOL

BOW WHEN ENTERING OR LEAVING THE DOJO.

NO ONE IS ALLOWED TO SPAR WITHOUT PROPER EQUIPMENT

STUDENTS MUST HAVE THEIR OWN WEAPONS

BELTS SHOULD BE WORN IN SCHOOL ONLY

STUDENTS SHOULD BOW BEFORE AND AFTER WORKING WITH A PARTNER

RULES OF CONDUCT

All students should abide by these principles to achieve their black belt.

EFFORT

ETIQUETTE

SINCERITY

CHARACTER

SELF CONTROL



BASIC JAPANESE WORDS & NUMBERS

ICHI — ONE
NI — TWO
SAN — THREE
YON/SHI — FOUR
GO — FIVE
ROKO — SIX
SHICHI/NANA — SEVEN
HACHI — EIGHT
KYU — NINE
JU — TEN
JUICHI — ELEVEN
JUNI — TWELVE
JUSAN — THIRTEEN
NIJU — TWENTY
SANJU — THIRTY
YONJU — FORTY
HYAKU — ONE HUNDRED

GOOD MORNING — OHIYOGAZIMAS
HELLO — KONICHI-WA
GOOD EVENING — KONBAN-WA
THANK -YOU — DOMO/ ARIGATO-GAZIMAS
GOOD-BYE — JA-MATA/SAYANARA
YOU'RE WELCOME — DOITASHIMASHITE
UNDERSTAND — WAKARIMAS
SORRY — GOMANASAI
PLEASE (DO) — DOZO
YES — HAI
NO — IIE
EXCUSE ME — SUMIMASEN
REALLY — HONTO

少林拳法武館

JAPANESE RANKING SYSTEM

BELOW BLACK BELT

HACHIKYU (8TH STEP) YELLOW BELT
SHICHIKYU (7TH STEP) ORANGE BELT
ROKOKYU (6TH STEP) PURPLE BELT
GOKYU (5TH STEP) BLUE BELT
YONKYU (4TH STEP) GREEN BELT
SANKYU (3RD STEP) 3RD STEP BROWN BELT
NIKYU (2ND STEP) 2ND STEP BROWN BELT
IKKYU (1ST STEP) 1ST STEP BROWN BELT

BLACK BELT LEVEL

SHODAN (BEGINNER/1st LEVEL) 1ST DEGREE BLACK BELT
NIDAN (2ND LEVEL) 2ND DEGREE BLACK BELT
SANDAN (3RD LEVEL) 3RD DEGREE BLACK BELT
YONDAN (4TH LEVEL) 4TH DEGREE BLACK BELT
GODAN (5TH LEVEL) 5TH DEGREE BLACK BELT (MASTER LEVEL)

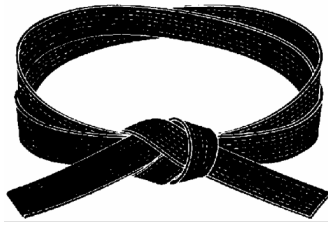
HONARY RANKS

ROKODAN (6TH LEVEL) 6TH DEGREE BLACK BELT
SHICHIDAN (7TH LEVEL) 7TH DEGREE BLACK BELT
HACHIDAN (8TH LEVEL) 8TH DEGREE BLACK BELT
KUDAN (9TH LEVEL) 9TH DEGREE BLACK BELT
JUDAN (10TH LEVEL) 10TH DEGREE BLACK BELT

TITLES

SAN (Honorable) FOR BLACK BELTS
SENSEI (Teacher/Instructor)
SIFU (Teacher/Instructor) CHINESE
SHIHAN (Master Teacher) 5TH DEGREE BLACK BELT

Certified KMA Black Belts



4th Degree Black Belts

Robert Schippia

3rd Degree Black Belts

David Jay

John Ternullo

2nd Degree Black Belts

Ron Sullivan

William Keefe

Cheryl Stewart

Dennis Gudnivich

Bob Dirkman

Jesse McElroy

April Riccodone

1st Degree Black Belts

Kendra Mangan • Kate Simpson

Kenneth Reid • Kathrine Otway

Joesph Di Marco • Annmarie Foti

David Triplett • William MacNamara

Heather Stewart • Daria Hinz

Eric McDowell • Todd Fowlie

Melissa Lavigne • John Pignone

Will Peckham • Dan Navon

James Pasquale • Christopher Woodman

Jeff Donahue • Doug Mellor

Jackson Mellor • Zach Nedell

Kyle Phung

GLOSSARY

AMERICAN KENPO — (Western) Name of style that Professor Cerio taught before creating his own style called Nick Cerio's Kenpo.

BASAI DAI — (Japanese) To penetrate the fortress. Name of kata in Karate.

BO — (Japanese) Six foot staff used to carry water, and also used for self-defense.

BODHIDHARMA — (Indian) Indian monk who spread Buddhism

BOKKEN — (Japanese) wooden sword

BOXING — (Western) Sport in which gloves are used to strike according to rules.

BUDO — (Japanese) "Warrior Way"

BUSHIDO — (Japanese) Code of the Bushi , the "Way"

CERIO, NICK — (Western) Tenth degree black belt of Kenpo

CHOW, WILLIAM — (Chinese) World-renowned Master of Kenpo (died in 1988).

COMBINED TAI-CHI CHUAN — (chinese) The Ta-chi form created by the National Wu-Shu Committee of China, that combined the five major styles of China—Wu, Chen, Yueng, Fu, and Sun styles.

CHAN — (Chinese) Philosophy that emphasizes enlightenment through reason and meditation (Zen).

CHI — (Chinese) internal energy, spirit or soul.

CHIN-NA — (Chinese) Locking and holding techniques that many regard as the foundation of Ju-Jitsu.

CHUAN-FA — (Chinese) Fist Law or "Law of the Fist", used to describe Chinese martial arts.

DAN — (Japanese) "Rank"; Shodan is First Degree Black Belt.

DAO — (chinese) Curved, heavy single-edged sword, often decorated with tassel at hilt.

DO — (Japanese) "The Way"; The philosophy and ideology of the martial arts.

DOJO — (Japanese) "Place of Enlightenment", school or academy.

EMPI — (Japanese) "Flying Swallow" kata of Karate, also can mean elbow.

ESCRIMA STICKS — (philippine) Stick fighting system.

EXTERNAL SYSTEMS — (Western) Describes martial art systems that are powerful, hard and forceful.

FUNAKOSHI, GICHIN — (Japanese) Founder of Shotokan Karate.

GI — (Japanese) Uniform, originally from Judo.

HAKKO-RYU JU-JITSU — (Japanese) Style of Ju-Jitsu meaning eight points of light.

HANSHI — (Japanese) Senior living master of school or style.

HARD — (Western) Strong rigid blocks and strikes.

HEIAN — (Japanese) "Peaceful Mind", katas of Karate.

IAIDO — (Japanese) "Sword Way", The art of quickly drawing and cutting with the sword.

INTERNAL SYSTEM — (Western) Describes martial arts that are soft using internal energy rather than external force.

JU-JITSU — (Japanese) "Gentle technique" , a martial art using throws, locks and holds.

KAN-KU DAI — (Japanese) "To look at the Sky", a kata of Karate.

KATA — (Japanese) "Form", formal exercise performed against imaginary opponents.

KARATE — (Japanese) "Empty Hand", Denotes styles from Okinawa , now accepted as a generic for many martial arts.

KATANA — (Japanese) Sword that has a single edge, three to five feet long, and is slightly curved.

KAMA — (Japanese) Single edged scythe used to cut rice and also used for self-defense.

KENPO — (Japanese) "Fist Law" or Law of the Fist, Japanese version of Chuan-Fa.

KI— (Japanese) Internal energy, soul, spirit.

KIAI— (Japanese) "Spirit Shout" used during forms and other techniques for added power. A quick expulsion of air from the diaphragm using Ki (Chi).

KICKBOXING — (Western) Combination of Western Boxing and Asian Martial Art kicks and strikes; fought in a ring; also used for self-defense and exercise.

KIHON — (Japanese) Basics.

KOBUDO — (Japanese) System using weapons such as the Kama, Tonfa, and Nunchucku.

KUNG-FU — (Chinese) “To be proficient in” can also describe Chinese martial arts such as Wing Chun Kung-Fu.

KUMITE — (Japanese) Sparring.

KYU — (Japanese) Step or rank used before black belt.

MARK, BOW SIM — (chinese) World renowned Tai-Chi Master.

MEDITATE — (universal) The art of focusing one’s mental/spiritual centers, through concentration on breath, sound, or image; promoting peace of mind and inner unity.

MITOSE, JAMES — (Japanese) 21st generation descendant of founder of Kenpo, brought Kenpo to the western world.

MUSHIN — (Japanese) To act without thinking.

NICK CERIO’S KENPO — (Western) Style founded by Professor Nick Cerio.

NIHONGO — (Japanese) “Japanese language”.

NUNCHUCKU — (Japanese) Two pieces of wood connected by rope or chain.

OBI — (Japanese) Belt.

OKINAWA-TE — (Japanese) Original martial art of Okinawa and forerunner of Shotokan and other forms of Karate.

PINAN – (Chinese) Peaceful Mind.

PRESSURE POINT — (Western) 108 points where the nerves are sensitive to pain when pressure is applied to them.

REI— (Japanese) Bow.

RYU — (Japanese) School or style.

RHEE, JHOON — (Korean) Founder of American Tae Kwon Do (Jhoon Rhee Style).

SAI — (Japanese) Three-pronged weapon used to strike and block.

SAMA — (Japanese) Polite term added to the end of the name of a superior.

SAN — (Japanese) Polite term added to the name of a superior, less formal than Sama.

SENSEI — (Japanese) “One who comes before”, an instructor or teacher.

SHAOLIN — (Chinese) Temple in China where legend says martial art was founded

SHIHAN — (Japanese) Master Instructor.

SHORIN-JI — (Japanese) Japanese translation for Shaolin Temple.

SHURIKAN — (Japanese) Multi-pointed throwing weapon.

SHOTOKAN — (Japanese) "Shoto's House", Shoto was Funakoshi's pen name.

A style of Karate that utilizes powerful attacks.

SIFU — (Chinese) Father, instructor, teacher.

SIL-LUM — (Chinese) Alternate pronunciation of Shaolin.

SPARRING — (Western) Mock fighting for practicing techniques.

STYLE — (Western) The way a martial art is performed.

TAE KWON DO — (Korean) "Hand and Foot Way", ancient martial art that has evolved into a sport. Featuring many kicks, jumps and spins.

TAI-CHI CHUAN — (chinese) "Supreme Ultimate Fist", an internal martial art using circular motion, performed slowly.

TAIKYOKU — (Japanese) "First Cause", kata of Karate.

TAO — (chinese) Philosophy that teaches harmony and balance.

TATAMI — (Japanese) Mat used to practice falling.

TEKIOU – (Japanese) "to adapt", "adapting"

TONFA — (Japanese) Wooden night stick with perpendicular handle.

TORI — (Japanese) Person who defends in practice.

UKE — (Japanese) Person who attacks in practice.

WU-SHU — (chinese) "Martial Arts", a system of Martial Art that demonstrates great flexibility and acrobatic skills.

YIN-YANG — (Chinese) A symbol of balance, symbolizing that all things in life have an equal and an opposite. The image is a circle halved by an "s" shape, one side black and the other white.

The black side has a white circle inside and the white has a black circle inside.

ZEN — (Japanese) Philosophy that emphasizes enlightenment through reason and meditation.

JOHN KEEFE'S MARTIAL ARTS RESUME

Promoted to Fifth Degree Black Belt Kenpo Karate by Shihan Don Rodrigues
(10th Degree Black Belt)

Promoted to Fourth Degree Black Belt in Kenpo by
Professor Nick Cerio, (10th Degree Black Belt)

Experienced in: Hakko Ryu Ju-Jitsu, Jhoon Rhee Tae Kwon Do, Boxing, various Kenpo systems, Shotokan Karate, various Kung Fu Systems (Hung Gar Kung Fu, Shaolin, and Wu-Shu), various weapons (Chinese and Japanese), and Tai Chi.

Demonstrations/Seminars Performed By John Keefe

Self Defense Seminar - MA Health and Human Resources Employees - 2017

Street Defense Seminar at KMA - To Benefit Rosie's Place 2015

On Guard Kickboxing Course - Everett Fitness Center 2015

Self Defense Course - Woman's Fitness of Boston 2014

Self Defense Lecture and Demo - BNY Mellon Bank - 2014

Weapon Seminar - N.S. Martial Arts Center - Melrose - 2012

Tai Chi Seminar - Thoratec Corp. - Burlington - 2011

Martial Art Seminar - Woman's Fitness of Boston - Boston - 2011

Self Defense Lecture and Demo - CircuitZone Gym - Wolfeboro, NH - 2010

Martial Art Seminar - Tracys Kenpo - Seattle WA - 1996

Martial Arts Demo - City of Melrose Victorian Fair - Melrose, MA, 1991, 1992, 1995

Karate Seminar - Boy Scouts of America - Medford, MA, 1993

History of Martial Arts - Faculty of Merrimack College - North Andover, 1993

Karate Course - Melrose YMCA - Melrose, MA, 1992, 1993, 1995

Seminars Attended

Jhoon Rhee - Tae Kwon Do
Richard Brandon - Wu Shu
Cynthia Rothrock - Wu Shu
Jeff Speakman - Ed Parker Kenpo
Bruce Juchnik - Kenpo
Bill Wallace - Sport Kickboxing
Wally Jay - Small Circle Ju Jitsu
George Dillman - Kenpo (pressure striking)
Bob Liedke - Aikido
Don Rodrigues - Oki Ryu Kenpo
Tony Cogliandro - Ed Parker Kenpo

Demonstrations/Seminars performed (Outside theUSA)

Florianopolis, Brazil - 2001
Cambridge, England - 1998
Paris, France - 1995

Notable Instructors

Shihan Don Rodrigues - Kenpo Karate
Professor Nick Cerio – Kenpo, Karate, Japanese Weapons, Ju-Jitsu
Master Paul Taylor – Kenpo (White Belt to 3rd Degree Black Belt)
Master Bow Sim Mark – Tai Chi, Tai