



Special Edition of DEFENCE NOTES 2008

Educational and Information about the Martial Arts Industry MARTIAL ARTS DISCIPLES GET MORE OUT OF LIFE

Welcome to this Special Edition of Defence Notes.

We are seeing a new level of professionalism in Martial Art Schools, in Australia which encompasses everything from improved training facilities to better trained Instructors and safer codes of practice.

In this edition you will find articles from several independent authorities discussing the benefits of training in the Martial Arts.

Martial Arts, when taught by properly trained and professional instructors, can teach Life Skills and give children an advantage over others who have not been taught these very important skills.

If you are not currently training in the Martial Arts, there has never been a better time to get involved. The sooner you start the sooner you start to receive the benefits.

By STEVE DOW

If you're bored at the gym and jarred by jogging, there is a new alternative to consider. Exercise physiologists say Martial Arts can improve strength, flexibility, balance and aerobic capacity.

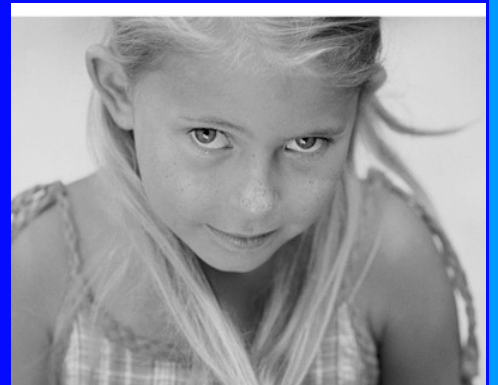
Karate, Tae Kwon Do and Tai Chi are well known in Australia but other Martial Arts are making their mark in the fitness literature.

Yi Quan and other Kungfu and Wushu based styles combine effective self-defence moves with Traditional Philosophies and more than a little relaxation for the mind. A study in the latest British Journal of Sports Medicine compared nine people whose only workouts were two one-hour sessions a week of Martial Arts with nine people who did no exercise, but had similar resting heart rates and blood pressures. All were aged 40 to 60. Researchers at the New York Institute of Technology, led by Professor Peter Douris, found the Martial Arts group were able to do twice as many sit-ups and three times as many push-ups.

The sedentary group had 12 per cent more body fat and weaker quadriceps and could only hold their balance for 26 seconds, compared with 62 seconds for the Martial Art practitioners.

A senior Instructor in Martial Arts, says the exercise ranges from the sweaty (kicks and punches) through to the graceful, copying the movements of animals such as Falcons, Bears and Snakes. Students stand up throughout, enabling a thorough body workout. The discipline also focuses on the mind and awareness of

surroundings, courtesy to others, and of defence, rather than attack. The director of the NSW Centre of Physical Activity and Health, Professor Adrian Bauman, says the literature suggests the Martial Arts are physically beneficial. Qigong and Tai chi, for example with its emphasis on slower movements, can be useful for older people. Students have shown Qigong and Tai chi can help prevent falls and improve flexibility and fitness. Its ability to mobilize the joints has benefited osteoarthritis patients. Qigong is also well documented to assist Diabetes sufferers. Kungfu and other faster Martial Arts help lower blood pressure and insulin levels, he says, potentially helping prevent or control some cases of heart disease and possibly diabetes.



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