

MARTIAL ARTS DEMONSTRATION

A LONG TRADITION OF EXCELLENCE

Amerikick Karate Studios (1:00PM)

Developed in the 1950's, the Amerikick System is based on the combination of the Chinese and Japanese Arts. Our martial arts training has been updated for the self-defense of American's today. AmeriKick's unique blend of Kenpo techniques, Tae Kwon Do's kicks, Jiu-Jit-Su's joint locks and take-downs, along with the modern philosophies, theories, and styles, makes The Amerikick System the most practical self-defense program available today. For more info, go to <http://www.amerikick.com>.

City WingTsun (1:30PM)

Unique, functional and intelligent – WingTsun is the art of self-defense. WingTsun (pronounced wing chun) is a martial art that emphasizes practical fighting techniques rather than flashy or sport-oriented movements. Classes are taught in a safe and friendly training environment and open to all adults regardless of experience. Head instructor Sifu Alex Richter is a private student of both Grandmaster Leung Ting and Sifu Carson Lau of Hong Kong. Bring this ad for 30 Days FREE & intensive WingTsun training at either our Midtown or Chinatown locations. Call (212) 354-9188 for details or visit <http://www.citywt.com> or email info@citywt.com.

Byakokan Dojo (2:00PM)

Battojutsu is a form of Japanese swordsmanship. It's main characteristic is that it utilizes the idea of drawing and cutting in one motion although this idea is very interchangeable to iaido or iai jutsu. One key difference however is the emphasis on tameshigiri or test cutting in battojutsu. Toyama Ryu Battojutsu is an art that was formulated for the use by the Japanese military. The origin of the techniques come from the Omori set of Eishin Ryu and was formulated by the sword saint of that period, Nakayama Hakudo. Made for applicable battlefield use, the techniques of Toyama Ryu are done standing compared to that of many iaido schools which are mainly from a seated posture. Our dojo is affiliated with the US Battodo Federation and All Japan Toyama Ryu Federation. For more information please visit our website at <http://www.newyorkbattodo.com>.

PIMA Academy (2:30PM)

Eskrima is a Filipino Martial Art known for lightning fast movements utilizing weapons as well as empty hand trapping and striking techniques, including takedowns and locks. The Doce Pares organization was established 1932 in Cebu City, Philippines by several well known Eskrima masters. Their various styles of Eskrima were gradually incorporated into one training method which we presently know as the Doce Pares "Multi-Style" System of Eskrima. The Philippine Integrated Martial Arts (PIMA) Academy was created by Grandmaster Arnulfo Cuesta to promote and preserve the indigenous martial art of the Philippines while catering to each student's personal goals, fitness level, and experience. For more information, write to 779 Bergen Avenue (Room 111) Jersey City, NJ 07306 or call 201-432-6441 or visit <http://www.docepareusa.com>.

Wu Mei Kung Fu Association (3:00PM)

Wu Mei Pai is a classical Chinese martial art. Founded by Wu Mei, the daughter of a Ming Imperial general, it was subsequently developed and preserved at the southern Shaolin temple. Wu Mei Pai is unusually comprehensive: long and short in range, hard and soft in expression, and utilizing internal and external forces; it is at once a powerful system of self-defence, a complex health and longevity practice, and a profound spiritual discipline.

Seventh generation grandmaster Sifu Ken Lo teaches and oversees all classes at the Headquarters school. The class atmosphere is supportive, non-threatening, non-violent, and non-competitive. Students are taught individually in a group setting and will develop strength, power, flexibility, endurance, and skill.

Sifu Ken Lo also offers additional services related to Chinese culture including lion dance performances, destiny readings, Feng Shui, Cha Do tea ceremony, arranging Chinese cultural performances, and consulting in traditional Chinese cultural arts. Call the school at (917) 885-8598 during business hours or visit <http://www.wumei.com> for more information.