

Joanna Zorya has been described as "one of the best that Chinese Martial Arts has to offer in the West!". She has produced a number of Kung Fu DVDs, which have been highly praised for the wealth of useful martial material they contain. Just look at what the experts are saying:

"I can't say enough good things about your DVD's. In my humble opinion I think you have done an outstanding job... I will recommend your DVD's to everyone I know and come in contact with."

- **Glenn Hairston**, US police detective, former federal officer, corporate security specialist and certified instructor of defensive and combative arts, with over forty years of martial arts training.

"These dvd's are a treasure! I can't say enough about them! You have hidden nothing, from the power moves to all the strikes and footwork ... I am going to love Sun style - the way you teach!"

- **Jason Whitney, Kung Fu Instructor**

"Teacher Joanna Zorya once again has produced an instructional DVD with solid content and, most importantly, an open hearted exposition of essential actions... Zorya has shown the kind of moves on which instructors concentrate their greatest efforts. These spiral moves are not just "Martial Rotations" but key actions for all Chinese Wushu. ...Her work reminds us of the excellent actions of Chen Pan Ling."

- **Ted Mancuso, Kung Fu Instructor** and writer with over forty years experience.

"Thanks for the DVD - nice work! As clear an explanation of Taiji principles as I've ever seen! ... All very well presented and explained, should be compulsory for anyone starting up Taiji I think."

- **Rob Poynton, Systema and Taiji Instructor**

Practical, Effective, Powerful Self-Defence Training

Suitable for complete beginners or more experienced martial artists, generally aged 18+. We may take on younger students on a case by case basis.

No smokers, recreational drug users or habitual drinkers. If you would like to meet us with a view to training with us, please telephone **01723 882 011** or e-mail martial.training@me.com

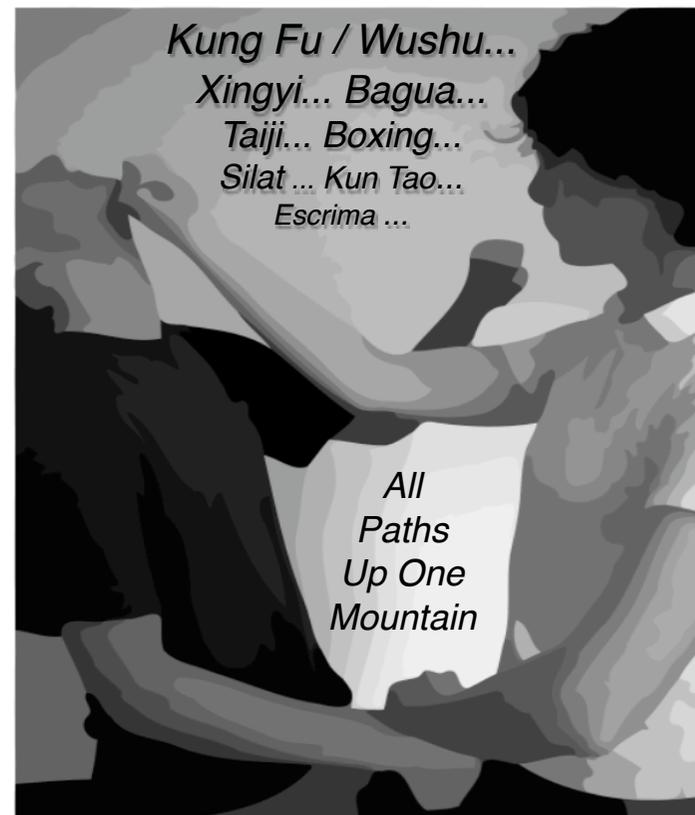
North Yorkshire Classes

Our current regular classes are on Wednesday and Friday afternoons and Tuesday and Wednesday early evenings (5pm - 7pm). We also run fortnightly, 8-hour Saturday seminars. A wide range of subjects and themes are covered.

Phone for details or to inquire about other times on **01723 882 011**



www.UniversalMartialTraining.com



*Kung Fu / Wushu...
Xingyi... Bagua...
Taiji... Boxing...
Silat ... Kun Tao...
Escrima ...*

*All
Paths
Up One
Mountain*

Universal Martial Training™

www.UniversalMartialTraining.com

What Is Universal Martial Training™?

Universal Martial Training™ (UMT) gets straight to the heart of what every martial artist needs by focussing on teaching you the fundamentals essential to all martial styles.

- Whole-Body Martial Power
- Martial Strategy and Adaptability
- Martial Mindset and Intention

The goal is to make you a formidable fighter with a broad range of reliable self-defence skills that you can use against the biggest, strongest attacker and even against multiple opponents.

UMT is a highly effective, sophisticated, multi-cultural fighting art that contains fast and powerful strikes, kicks, locks, throws, defences, evasions & weapon disarms as well as covering some modern, hand to hand weapon usage such as knives, sticks and improvised weapons. In classes, training mostly consists of contact work with a variety of intensities, generally making use of body armour for high impact training. We also teach solo and partner drills that can be practiced in or between classes. Students can choose to study **UMT** in its own right, or as a foundation for learning up to three different practical Kung Fu styles: **Martial Xingyi™**, **Martial Bagua™** and **Martial Tai Chi™**. Instructor Joanna Zorya has been learning, developing, refining and consolidating all of these styles since 1996, as well as incorporating useful concepts and principles from Western & Eastern boxing, Dutch-Indonesian Kun Tao and the weapon-orientated arts of Filipino Escrima, Malaysian Silat and Indonesian Silat.

Fighting Fit and Fit to Fight

While training with us will develop your strength, fitness and reflexes, none of our techniques rely on physical strength - instead we teach you how to make the most of yourself and how to minimise any advantages your attacker or attackers may have.

We teach you how to move powerfully in any direction, making use of grounded, whole-body power, stable stances, good postural alignments and natural physical forces such as gravity, momentum and leverage.



Once you have developed the skill of effective martial power, you can use it to drive any kind of attack or defence you like. We teach you how to best utilise strong and weak angles, how to target vulnerable areas on your opponent's body and how to use their force against them.

No Nonsense

There's no fantasy, mysticism or mysterious powers - just rational, systematic, scientific & sensible martial training. Everything has been tried and tested, honed and polished for maximum impact and maximum effect.

Our classes are modern, practical and culturally neutral. No one has to bow to anyone else, to the room, to altars, idols or flags. We do not practice meditation or mystical philosophies so our classes are suitable for people from all religious or non-religious backgrounds. In this sense too, we are truly Universal.

Who Is Joanna Zorya?

Joanna Zorya is an internationally recognised Kung Fu / Wushu expert. As well as specialising in the arts of Xingyi, Bagua & Taiji, her work has been acclaimed for getting to the most essential core principles shared by the different fighting arts.



Joanna underwent intensive teacher training in Malaysian Silat as well as studying a host of other styles including Escrima and Praying Mantis Kung Fu. She heads her own multi-style organisation, the Martial Training Association, which is committed to practical and effective self-defence training practiced with a rational, scientific mindset.

Joanna is an accomplished fighter and has proved her skills many times, not only within training circles, but out in the real world. Having grown up in a rough neighbourhood, she has extensive experience of street fighting and serious real-life assaults. She has fought to save her own life and the lives of others on multiple occasions.

As well as having taught police & security personnel, Joanna has been paid by West Yorkshire Police Community Safety Initiative + Calderdale, Bradford, Kirklees & Leeds City Councils, The Children's Society, and a number of voluntary and community organisations to deliver self-defence courses and workshops for potentially vulnerable community groups.

"Safeguard Yourself, Protect Others"