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How to Find the Right Martial Arts School for You!



Kevin Brett

The Author of:

The Way of the Martial Artist

Achieving Success in Martial Arts and in Life!

<http://www.KevinBrettStudios.com>



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Warning & Disclaimer

Marital arts can be lethal and the practice of martial arts or application of various martial arts techniques, training drills and exercises can cause serious injury or death. This book is intended for informational and entertainment purposes. It is not intended as a substitute for a specific martial arts training program by a qualified martial arts school or instructor. You should consult a qualified physician before engaging in any exercise program or physical activities to ascertain whether you or the other participants are mentally and physically healthy enough to engage in such activities.

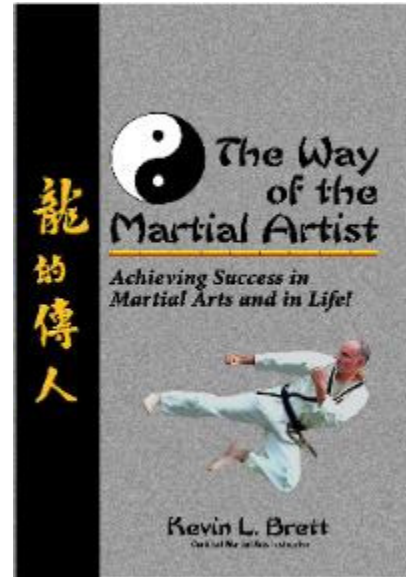
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Press Release:

New Book Asks: Are Martial Arts Schools Really Teaching Self-Defense?

Stafford, Virginia January 27, 2009: Kevin Brett Studios, Incorporated releases ***The Way of the Martial Artist: Achieving Success in Martial Arts and in Life!*** (240 pp., \$16.00, ISBN-13: 978-0981935003), a new book available from Amazon subsidiary CreateSpace.com at the author's web site www.KEVINBRETTSTUDIOS.COM This book helps readers understand if their martial arts training will actually work in a self-defense situation and what is likely lacking in their training. Certified Martial Arts Instructor Kevin Brett answers this question and many more in his new book.



Martial arts are about survival and this book teaches readers how to develop the skill, strategy and character of a true martial artist to supplement their dojo training. It also provides in-depth insight into just what students and parents want from martial arts: discipline, commitment, honor, respect, perseverance and ultimately – success in any life-undertaking. Kevin Brett provides answers and insights to questions that all martial artists ask during their quest for excellence, purpose and enlightenment.

The Way of the Martial Artist: Achieving Success in Martial Arts and in Life! uses the principles of martial arts to show readers how any worthwhile goal or life challenge can be approached and achieved with black belt determination. The servant-warrior is an ancient concept that the author re-introduces to help modern readers understand how any success should be a service or benefit to others.

Shawn Kovacich, author of the highly acclaimed book series Achieving Kicking Excellence and high-ranking martial artist, calls *The Way of the Martial Artist*, "A comprehensive framework of the numerous principles and concepts you will need to become the best martial artist that you can be." Black belt Richard Hefner says, "The Way of the Martial Artist is part success manual, part martial arts guide and part survival guide, and all essential!"

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How to Find the Right Martial Arts School for You!



Entertainment | Education | Family

Introduction

Hello, my name is Kevin Brett. I am a certified Martial Arts Instructor with more than twenty years of training and teaching experience in the martial arts. I am the author of ***The Way of the Martial Artist: Achieving Success in Martial Arts and in Life!*** available from Amazon subsidiary CreateSpace.com through my website at: www.KevinBrettStudios.com



I have developed this free eBook ***How to Shop for a Martial Arts School*** to help anyone who is looking to find a martial arts school for themselves or their children become a better educated consumer as you begin your quest to find a suitable martial arts school that will meet your needs and expectations. There are many benefits to be gained from martial arts study for both children and adults. There are many styles of martial arts; many masters and many schools to choose from. There are many different types of martial arts programs and memberships and payment plans. A little

education in the whole matter will go a long way to helping you feel more confident in whatever decision you make.

Why are you interested in Martial Arts?

So you're looking for a martial arts school or maybe you're looking for a school for your children. Either way there is a reason or motivation behind your desire to find a school. Understanding what you are looking for will make it easier to know when you have found what you are looking for.



Black belts come in all sizes and ages!

Shopping for a martial arts school can be confusing and a bit disconcerting. There are literally hundreds of martial arts styles from many countries. Pick up any copy of the Yellow Pages in any medium to large metropolitan area and you will likely see dozens of

advertisements for a plethora of martial arts schools. There are masters, grand masters, champions, world champions, senseis and sifus. There is Kung Fu, T'ai Chi, Judo, Tae Kwon Do, Shotokan, Aikido, Brazilian Jiu Jitsu, Karate Do, Kendo, Hapkido and many other "Do's" How can one sort them all out and begin to understand how to proceed?

Let's begin with understanding why you are looking for a martial arts school. What got you interested? What do you expect to get out of martial arts? There a number of reasons that people typically seek martial arts training for themselves or their children. Here are a few of the common reasons:

Reasons Adults Study Martial Arts

- I want to learn to defend myself.**
- I want a different kind of workout than the local gym or health club.**
- I want a total body workout that includes cardio kickboxing.**
- I want to develop self-confidence, self-esteem, self-discipline.**
- I want to study martial arts traditions and styles as an art form.**
- I want to compete in martial arts tournaments.**
- I want to lose weight and get in shape.**
- I want to learn to become more focused (hey even adults need focus and structure!)**
- I want to become better at setting goals and achieving them.**

- I want to learn more about traditional martial arts values and ethics: humility, respect, honor, determination, perseverance, etc.



Respect and confidence are key qualities

For our children, the common reasons are similar:

Reasons Children Study Martial Arts

- I want my child to learn to defend himself/herself.
- I want my child to become involved in a vigorous physical activity.
- I want my child to develop self-confidence, self-esteem, self-discipline, respect.
- I want my child to learn more about goal setting and personal achievement.
- I want my child to learn traditional martial arts values and ethics: humility, respect, honor, determination, perseverance, etc.

- ❑ **I want my child to learn to become better focused to help him or her out in school and in life.**

These two lists are pretty much carbon copies of virtually every advertisement you will ever see for any martial arts school. Somewhere in the promotional materials for any self-respecting school will be these key values, benefits and selling points. You the shopper must beware because while almost every school will claim to meet these needs, not all will really deliver the goods. This eBook will help you better understand what you should look for and ultimately what your study of the martial arts should include. If you study martial arts as they have been studied for centuries and learn the many qualities and skills that a true martial artist seeks to develop, you will achieve all of the objectives identified in the previous lists.

Martial Arts Are About Survival

Here's a shocker for you ... martial arts are about survival. Yep, that's right. The purpose of martial arts is to have the skill and knowledge to be able to do in the bad guy and still make it home in time to walk the dog. Martial arts are not some trendy type of workout designed to impress the ladies as you tell them about the tournaments or trophies you've won. While it certainly is an awesome total-body workout and a great way to get in shape many students really give little thought to its ultimate purpose; survival.

Let's talk self-defense. I was one of the co-founders of the United Karate Institute of Self-Defense, Inc. in Alexandria, Virginia. Three

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