

MOUNTAIN WARRIORS LIMITED

Introduction to Mountain Warriors

Welcome to Mountain Warriors, our goal is to become a centre of excellence for martial arts in the UK. To do this we have taken several steps that are unusual within Martial arts associations, namely:

- **Instructor focused**, we are looking to develop our instructors and associated instructors to be recognised as the best in the UK. We do this through focussing primarily on building the instructors martial arts, coaching and people skills.
- **Full time senior instructors**, to achieve the support our instructors require we have full time senior instructors that will visit clubs and run one to one sessions with instructors, run small workshops dedicated to an area of specific interest to our instructors and run one day courses on a regular basis.
- **Free to instructors**, all this is delivered free of charge to our instructors and associated instructors.
- **Limited company**, we decided that rather than create another association the only way to deliver the benefits, quality and professionalism required was to form Mountain Warriors as a Limited Company.

Our Mission

To offer services and products to all affiliates in line with the following principles:

- To promote a center of excellence in the UK for instructors and students.
- Promote and sponsor our talented martial artists in the UK. This is with a longer term view to ensuring the UK has top ranking martial artists at European, Olympic and World class levels.
- To support all instructors and their clubs/groups to achieve a high standard of expertise and professionalism in their chosen art.
- To promote higher standards of martial arts practice through mutual support, sharing of expertise, training and publications
- To promote equal opportunity and open access to all.

So what is in it for me?

We originally set up Mountain Warriors because we ask the same question "What's in it for me?"

We got no real answer. We paid our yearly subs, our gradings, courses, workshops. Yes we got a small discount, yes when we had time or could afford it we went to the senior instructor's house or class to train.

We were eventually taught the secrets of our respective arts after years of training (assuming our instructor really knew, and I doubt that with some of them).

Does this look like you and your association?

Does something not quite add up with what you are being told?

The question is are you happy to take the stock answer of 'That is how it has always been and we will tell you the answer in "X" years time? Do you think that is good enough?

We don't.

What we are interested in is working with DEDICATED Instructors and students. Who want to learn and share their knowledge, their piece of the puzzle. We want to improve them and help them to achieve their goals and ambitions. And we want to improve ourselves.

So coming back to the question "what is in it for me"? We are offering (for **FREE**) all the following to our instructors and associated instructors;

MOUNTAIN WARRIORS LIMITED

- **FREE** training at any Mountain Warrior club or associated club. After all you are dedicated, why let money become a hurdle to your training
- **FREE** open courses, we currently run 10 a year and are looking to expand this number.
- **FREE** senior instructor visits. Senior instructors will come to your club on a regular basis to help you and your students, we recognise that sometimes your life is hectic and you can not always make it to courses. That is why we will come to you.
- **FREE** closed workshops for instructors only. These are free format in that the workshop content will be largely determined by the instructors themselves i.e. if you want to learn pressure points or a particular weapon or kata bunkai then that is what will be taught.
- **FREE** closed small group sessions with specialist instructors. These will be intensive sessions sometimes with top outside instructors and limited to no more than 10 instructors
- **FREE** one to one training with senior instructors *
- **FREE** gradings *
- **FREE** instructors Insurance *
- **FREE** first aid courses *

As you can see as an instructor there are plenty of reasons why you should join us.

* Subject to terms and conditions.

Why multi style and what expertise do you have?

We are multi style because from experience we have found each style has a different skill set and this helps us view techniques and kata from a variety of view points. This has already opened some instructors eyes to the possible interpretations of kata. This has not only improved their techniques but gave good solid examples of why specific movements are made and now make more sense than was previously the case.

The senior instructors each have over 20 years experience each totalling over 100 years in martial arts experience between us.

The disciplines covered are;

- Karate – Kobudo, Kyshinkai, Shotokan, Goju Ryu and Wado Ryu
- Judo
- Chinese martial arts – Tai Chi, Wing Tsun, Kung Fu and Chi Gung
- Jiu Jitsu – both traditional and modern as well as traditional Japanese weaponry
- Ninjutsu – Bujinkan and BBD, as well as Ninjutsu based weapon systems
- Aiki Jutsu and Aikido
- Boxing & Kick Boxing
- Modern self defence, including restraint techniques and door security
- Healing – Amatsu, Physiotherapy, sports massage and First aid.

What do I do now I would like to join?

- Complete the "MW - Club membership application form"
- Complete the "MW - Instructor registration form"
- Send both documents and Instructors insurance payment to us at the address shown below.

If you have any questions or would like clarification just call us or e-mail us (see below).

- Address Secretary, 24 Hillford Place, Redhill, Surrey RH1 5AU
- e-mail richardg@mountainwarriors.com
- Tel 07742 056 154