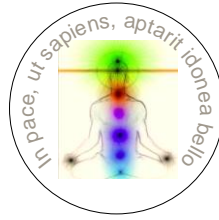


Pralaya Yudh

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Dissolution Combat

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Intelligent Martial Arts employing traditional South East Asian fighting principles

Do you have an interest in:

- 1 - Learning how to defend yourself against open handed, knife, sword and stick attacks....and how to remain 'aware' and 'prepared'...
- 2 – Learning weapons based fighting, as per old South East Asian martial traditions and then progressing up to the open handed forms (which are utilised by employing the same motions and tactics as weapons based forms)...
- 3 - Learning tried and tested traditional fighting principles which will improve your focus, martial psychology, understanding of body mechanics and energy generation, ambidexterity, footwork, timing, patience, speed and confidence....
- 4 – Learning how to breathe, position, move, look and feel correctly... as well as learning traditional combat exercises which improve your core stability, manoeuvrability, flexibility, anchorage and balance...
- 5 - Training in a friendly atmosphere one to one or with small group of like minded, intelligent and respectful individuals –helping each other learn, rather than training in a competitive frenzy....
- 6 – Learning how to 'think situationally', rather than just learning an endless set techniques/combinations which have restricted applicability and are dependant on standardised/expected attack....
- 7 – Learn a combat system which can be effective in a matter of 12 months (depending on practice) rather than 12 years...

Do you have a patient, helpful, open-minded, disciplined and committed character... general good overall health... and a passion to learn...

Contact Harcharan Singh to register your interest on yudh@khalsa.com, kindly write a few words about why the above appeals to you as well as details of any previous martial arts experience (although previous experience is not at all necessary) or if you prefer, feel free to arrange a chat over a cup of tea. Thereafter, I will be happy to give you a free introduction/demonstration.

NB - If you are interested in grading systems/certificates, sport & competition or flashy gymnastics/theatre, then this is not for you. Places will be limited to keep the class small and teaching/practice focused. A set of standard sized high quality rattan fighting sticks will need to be purchased. Details of time-table flexibility and prices available upon contact.