

Practical

Private & Semi-Private Training:

Private Training sessions are the quickest and most effective way to learn. Lessons can progress at the student's own pace, and can span any range of topics. Personal programs can be set up to address a wide range of specific physical problems or sports specific goals.

Martial Arts (SYSTEMA):

All aspects of self defense are covered - strikes, grabs, ground fighting, multiple attackers, mass fighting, conventional & unconventional weapons and body guarding applications. In a nut shell we cover it all!

Fit Body:

Fit Body is a complete program that looks at fitness in a holistic way. Strength, flexibility, movement, posture, breath control, massage applications are intertwined to create a great all round exercise program that heals and gives you great health. It's 100% Donation based! All proceeds raised go to the Toronto East General Hospital.

Powerful

Youth Program:

Class structure provides life-long self-defense skills and teaches the value of staying healthy and staying in shape. Our approach is to educate your children to gain knowledge that is practical and usable in their everyday life going beyond the principles of traditions and techniques in the martial arts

Work Shops & Seminars:

Work Shops and Seminars are held throughout the year on various self defense and health related topics. Keep updated by checking the seminar and news sections on the website frequently or just signing up to the newsletter.

Special Discounts

Ask about our discounts for students, police, court officers, security officers, Paramedics, Firefighters, teachers and Military professionals.