

MARTIAL ARTS TV MEDIA RELATIONS



BENEFITS OF MARTIAL ARTS



self-discipline

improved physical health

spiritual well being

make new friends

learn self defence

stress relief

build a positive outlook

gain a sporting competitive edge



DISPELLING MISCONCEPTIONS

fantasy:

hollywood & hong kong movies
special fx & violence

reality:

real change in everyday lives
self control
disciplined action
mutual respect



MARTIAL ARTS IN MODERN SOCIETY



teaches & rewards hard work
encourages self-reliance
grow physical strength
develop mental focus
instill social responsibility
have fun



MARTIAL ARTS IN EVERYDAY REALITIES



MARTIAL ARTS TV

improve health
enhance flexibility
relieve stress of work/study
fun physical exercise
feel good factor
for everyday people



ADULT MALES

sporting excellence
competitive instinct
disciplined thought & action
physical strength
martial skill
athletic beauty
lifestyle programming
fantasy entertainment



POSITIVE EFFECT ON CHILDREN



enhance social skills
build confidence
learn discipline
make new friends
learn self-defence
build a positive outlook



REDIRECTING MISGUIDED YOUTH



develop true sense of self worth
build a positive self-identity
become socially responsible
vent frustration & relieve stress
positive role models & mentors
grow virtuous social networks
focus energy constructively



MARTIAL ARTS & WOMEN



meet new people
get fit while having fun
lose weight
find inner peace & well being
learn self-defence
full body muscle toning
build confidence



MARTIAL ARTS & MATURITY



boost energy levels
grow wide circle of friends
get fit while having fun
learn self defence
build confidence
improve flexibility



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