

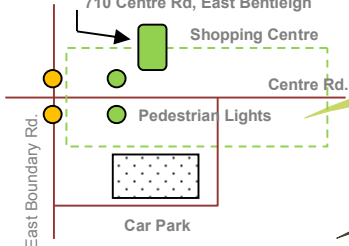


## OUR INSTRUCTORS ARE THE KEY

Master Geoff Hutchinson was the founder of NMAA and Flying Dragon TKD.

He had over 40 years of dedication to Martial Arts. He was a professional full time Martial Arts Instructor, as well as having a Bachelor of Education which was ideally suited to understanding the needs of students, of any age. Grandmaster Hutchinson ensured that all NMMA instructors are licensed and qualified to teach Martial Arts. Our current chief master instructor Grandmaster Paul Mracek has continued with the same approach.

**NMAA & ADT**  
Full Time Training Centre  
710 Centre Rd, East Bentleigh



## WHAT ARE THE MARTIAL ARTS?

Karate, Kung Fu, Judo, Taekwondo are all martial arts. All styles have basically the same goals, i.e. confidence, discipline, character building and self defence. Each style and its school teach differently, e.g. Straight line technique in Karate, circular movements in Kung Fu and wrestling movements in Judo. Our school has been established on the traditional movements of Tae Kwon Do but has been adapted to the requirements of today's society. We have available the opportunity to learn straight, angular and circular movement, unlike any other martial arts.

## WHICH MARTIAL ART IS FOR ME?

The most important thing to consider when looking for a school is not what style, but more importantly, finding the right instructor. They are what makes the difference. The people in your class should have a positive and happy attitude.

How do I find the Right Instructor?

The qualities that you should look for are:

- Pleasant personality
- Enthusiastic & Encouraging
- Motivating
- A real interest in you and your goals
- Patient
- Understanding
- Gentle, but firm
- An ability to demonstrate techniques

As your child progresses through Flying Dragon TKD they will understand what is self defence and how to be mentally alert of what is happening around them.

Learning the techniques will help the child to improve their athletic ability and improve their coordination allowing the skills taught to them to be better used to defend themselves.

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**Tae Kwon Do**  
**Tae Kwon Jitsu**  
**Self Defence**  
**Cardio Vascular**  
**Workout**  
**Bayside Kick Boxing**  
**Grappling**

**Advanced Defensive**  
**Tactics:**

- Ladies
- Men
- Corporate
- Security, and more...



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## INFORMATION



710 CENTRE ROAD, EAST BENTLEIGH, VIC.3165  
03 9579 2709 | [www.NUTAOFTIMARTIALARTS.com](http://www.NUTAOFTIMARTIALARTS.com)  
03 9532 5476 | [www.ADVANCEDDEFENSIVETACTICS.com](http://www.ADVANCEDDEFENSIVETACTICS.com)

**710 Centre Road, East Bentleigh, 3165**  
**Full Time Training Location (Melways 77J1)**  
**All Enquiries: 03 9579 2709 / 0418 885 122**

# TEACHING DISCIPLINE

We offer a multi-dimensional approach to martial arts, self-defense, health and general fitness.

At NMAA & Flying Dragon we provide you with the most modern methods, so that you reach your own personal objectives and potential. We have a wide range of opportunities to meet the needs of all students, through the teaching of a well-structured syllabus developed over many years specifically for the needs of our students to become more confident as well as physically and mentally more alert.

We believe that developing and maintaining a sound body and mind is the key to getting the most out of life today. In our programs you will learn from experienced instructors, with a very hands on approach not only for self defence but also exercises that benefit the mind and body.

Programs designed with you in mind.

At NMAA & Flying Dragon TKD individual attention is a feature of each and every class. This allows students to progress quietly and easily towards their personal goals. To allow our students to compete in a wider range of tournaments we teach modern TKD sparring (no hands), traditional TKD (70% feet, 30% hands and American non-contact sparring (80% hands, 20% feet).



## ADULT PROGRAMS

Nutaofit Martial Arts Academy has a range of programs for all ages and fitness levels.

At our full time Dojo – Training Hall, we have classes from Monday to Thursday & Saturday in Taekwondo, Kickboxing, Cardio, Martial Yoga, Self Defence. In addition we have instructors that specialize in Tai Chi, Qigong, Relaxation, Reiki and Meditation classes on request.

Our instructors are here to help you achieve your goals, we have programs to suit all your needs!

- MARTIAL ARTS
- KICKBOXING
- SELF-DEFENCE
- MEDITATION
- TAI CHI
- MARTIAL YOGA



## YOUTH PROGRAMS

Why not make it a family affair with our range of programs for children from 5 to 12, & 12 to 18 years old.

**Teaching.**

Building Focus, Discipline, Confidence, Determination

**Self Esteem**

Courage, Direction, Drive, Control & Passion

**Through**

Empowering Them With Knowledge and Life Skills

Using... • **MARTIAL ARTS** • **SELF-DEFENCE**

## MARTIAL ARTS

Is a great way to get fit, as well as to increase flexibility, strength and endurance, all while having fun with family and friends at NMAA in a safe environment. Taekwondo is a Korean Art and Sport, which creates good health and confidence through training.

## KICKBOXING

Kickboxing is a wonderful tool in building your fitness and physique. It's a great form of all-around body fitness that should be able to improve your stamina, endurance, and coordination. It is a lot of fun, so bring a friend.

## SELF-DEFENCE

Bully Proof your whole family by learning our Simple, Safe & Realistic Self Defence. Our principle-based teaching is focused on keeping you and your loved ones safe through our effective harm minimization training methods.

## MARTIAL YOGA

Restore balance to your life, with our Martial Yoga classes. Take the next step in:

**Breathing | Regulate Your Body's Energy**

**Meditation | Calm And Centre Your Mind**

**Relaxation | Reduce And Eliminate Stress**

**Exercise | Relax And Tone Your Muscles**

Our classes are a lot of fun, so bring a friend and reach your potential together.

TAEKWONDO | TAEKWONJITSU | TAI CHI | YOGA | KICKBOXING | CARDIO | SHOOT FIGHTING | HAPKIDO

