

Movement is the 4th element of life

Martial Arts are traditionally a masculine activity. Learn to handle confrontation by the feminine mystique, unleash the hidden warrior queen, exploring the secrets of power and force never disclosed in female circles. Discover your strength and power thru body structure, balance and movement rather than muscle and size. Feel Charismatic, charming, stylish, appealing, magnetic, luring *invisible*

Exercise with purpose for a function.

Become confident with **personal safety** while achieving **fitness**. Maintain and reduce **body weight**

Walking is beneficial for blood circulation and lower body movement. Martial Arts develops core and upper body strength which is neglected in women. Shoulder rotation also helps release and relieve tension

Gym workout and physiotherapy is an isolated, individual experience even in group exercises. Magic Movements requires collaboration, group effort and negotiation. The activity necessitates thought, judgement, assessment and response.

Dance is appealing to women because it is beautiful, sensual movement and fun to exercise. Advanced classes offer the opportunity to flow, glide, roll into a **torrent of elegance** envied by any audience or just to feel good

Pilates has developed from Yoga as an exercise form yet **Yoga** has an ancient tradition of healing and well-being and is a comprehensive health science. Yogic asana incorporates the breath, relates to inner organs, the sympathetic and parasympathetic nervous system and meridians. **Yoga nidra** (relaxation) and **meditation** make the system complete ensuring calmness and peace.

Of Breath a Strength

Self Defence

For Women & Children

Simple, practical and effective
Self Defence techniques for

Wrist grips, bear hugs, knife attacks, strangles, hair and clothes grabs, being approached from behind, close contact (grappling), sitting and against a wall.

Magic Movements uses techniques from Karate, Wing Chun, Aikido Krav Maga
Learn basic blocks, strikes and leg work

Control your breathing and locate your inner strength

Discussion on indicators of potentially violent behaviour and how to deal with harassment and intimidation.

Children's program improves movement, co-ordination and confidence. It's an introduction to Martial Arts as well as defence techniques.

First lesson is free

Join us

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Fabulous Fun

with



SELF DEFENCE

For women and children

In Coburg...90mins...60mins

Sticks

use of long stick or staff as a weapon.....locate your warriorship...
a performance skill...90mins

The

Martials Combat Combo

aerobic and cardio fitness exercise to
music using martial movement..45mins

YOGA

TIBETAN RITES

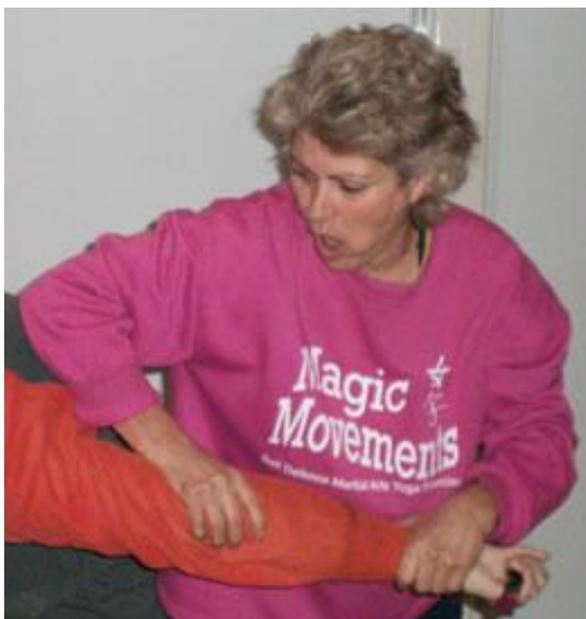
Exercises for prolonged youthful health

Programs for seniors

**SAFETYEXERCISE.....FITNESS
HEALTH**

Certificate courses for beginners
On going movement and defence training

**You don't have to be fit and
slim**



Background and qualifications

Anita has 25 years experience in martial art and has travelled extensively. In her journeys, she has sought and practiced many different styles.

Aikido(various styles), karate, Wing Chun(various), Wu Shu, Kaliri Payutt, Tae Kwondo, Tojinkai Jodo, Judo, Perisidiri, Krav Maga, Russian Systema, and others

Qualifications

Social Work degree, Italian speaker

First Aid level I, II certificate

Certificate 3 fitness instructor

Certificate 4 modules (personal trainer)

Group fitness

Yoga instructor (Bangalore.....India)

Australian Govt Couching Certificate

Her **broad experience** has allowed her to select concepts and techniques that best fit women. Her knowledge permits her to adapt and devise escapes from any situation

“I have put myself into male domains, felt intimidated, patronized, injured and alienated but persevered to create Magic Movements”

I have chosen the most effective and simple techniques for the self defence. Advanced stages explore power and force through dance, movement and performance.

Yoga was introduced to create a balance.

Improved concentration, self healing, calmness and peace are fundamentals of yoga contrary to combat and aggression.

Mission statement

“My dream is to **feminize martial arts** movement and practice so it becomes appealing to women; yet upholding the awareness and fundamentals of power and force in the training.. Everyone can enjoy martial arts movement either as a self defence or exercise form in recreation and leisure, no matter what shape, size, age, ability and culture

Programs available at your venue

minimum 2hr

plus travel time

Benefits

- Gain confidence to travel alone anywhere, anytime.
- assert yourself in any situation
- Stress relief, Anxiety release
- Exercise, Fitness and Health
- Improves co-ordination and reflex response
- Improves self discipline and concentration
- Improves blood circulation and healing power
- Improves ability to cope with life's pressures
- Allows you personal time for self
- manage body weight
- develop **supreme esteem**, a **body image** of strength, flexibility and agility with the graceful movement

Unemployment depletes self esteem and increases violence....Assailants are not looking for a fight but a victim.