

ILYOKWAN

BLACK BELT ACADEMY

*Martial Arts, Self Defence
& Personal Development Training
for the whole family*

Welcome to the Black Belt Academy!

Since it was founded in 1995, the Ilyokwan Black Belt Academy has been the leading Martial Arts school in Dursley. We are based at Cam Everlands School, where we have classes for men, women and children of all ages.

For those seeking the very best in traditional martial arts, self-defence and personal development coaching we have a range of programmes to suit all levels, from complete beginners to expert black belts. Our classes are all taught under the direct supervision of a full-time professional instructor, **Master Richard Olpin**, who is a 6th Degree Black Belt and regarded as one of the top ranked instructors in the UK. He's been inducted into the **World Martial Arts Hall of Fame** and was voted **Instructor of the Year 2013**.



Master Richard Olpin 6th Dan
Founder & Chief Instructor

Training in the martial arts provides a huge range of benefits to every participant, regardless of their age. Whether you're looking to begin a journey of **traditional martial arts training**, or learn some practical **self defence**, perhaps you're looking to **improve your fitness** and **lose a little weight**? Our students often report a huge boost to their **confidence** and **motivation**. Parents tell us their children have gained significant confidence, they are more **disciplined, respectful** and have made **notable improvements at school**.

Don't just take our word for it! Why not take a look at some of the testimonials on our website from a few of our adult students and some of the parents. These are real people, *just like you*, and there are many more who've seen the benefits of the award-winning martial arts programmes at the Black Belt Academy.

So, why not find out for yourself!

With students from as young as five years old and up to those in their sixties, you can be assured there are benefits for all who train, and we'd love to share them with you.

At the Ilyokwan Black Belt Academy we're passionate about what we do, and we believe very strongly in the value of our programmes. So much so, that we're happy to offer you **30 days free membership** at our school to enable you to properly experience the martial arts for yourself. In addition, we'll provide you with **a beginners uniform free of charge** and an initial **free private lesson** with one of our specialist black belt instructors to help ease you into your first class.

We guarantee you'll never get the 'hard sell' approach from us. We simply believe that when you experience our classes the benefits will speak for themselves.

They say 'every journey starts with a first step'. *Are you ready to begin yours?*

Visit the Academy web site for more information, and to register for your no obligation **FREE 30 day trial membership** as our VIP guests.

www.BlackBeltAcademy.info

Classes for All Ages

At the Black Belt Academy we feel it's essential that students are training in a class that's appropriate for their age and experience level. We have age-specific classes and those just for beginner members too. We have options which enable new students to train at a pace that suits their interest level, from our **'Positive Start'** foundation programme to our comprehensive **'Black Belt Training Course'** and beyond to martial arts mastery.



'Little Ninjas' Activity Class: 5/6 years

- A martial arts themed activity program for younger children of 5-6 years
- Focus on discipline, respect & concentration skills in a fun, energetic class taught by expert instructors who specialise in teaching children.
- Small classes ensure a low student / instructor ratio

"My sons confidence, listening ability and hand-eye coordination skills have greatly improved"



Junior Martial Arts: 7-12 years

- Award-winning childrens programmes that combine traditional martial arts values with positive character development, leadership & life skills.
- High energy classes featuring a wide variety of age-appropriate drills which help develop focus, fitness, coordination and many more benefits in a fun, motivational way led by positive role models.
- A focus on "common sense before self defence" in every class.

"Master Olpin provides a superb role model for the children"



Martial Arts for Teens & Adults

- Highly motivated classes that focus on all-round personal development.
- Dynamic cross-training programmes incorporating fitness with both traditional and contemporary martial arts and practical principles-based self defence suitable for all adults.
- Non-competitive, focused on individual development for all students.

"Training at the Academy has changed my life positively in so many ways..."

It goes without saying that our instructors are fully qualified to the highest standards and meet all appropriate requirements. All adult instructors have current CRB/DBS checks, child protection training and first aid qualifications - though we are proud to say that in twenty years of teaching we've never needed to use it!

"The school is a positive place that welcomes everyone..."



"Simply an excellent place to learn martial arts"

Start your journey to Black Belt Excellence
Contact us NOW for 30-Days FREE VIP membership

www.BlackBeltAcademy.info

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