

New to the Martial Arts? If so.....How do you choose?

If you are new to the Martial Arts there are several things you need to consider in order to choose the right method to pursue and the right instructor to train under.

First of all....there are basically **3 types of Martial Art Methods.**

1. **"Real World" Self-Protection** - Methods that are still taught purely as "Martial" art... Not sport. These methods have application under stressful, violent assault as the focus.
2. **Martial Sport** – Methods used primarily in the sporting Arena or tournament. These methods may look very effective.....BUT....they involve rules that DO NOT exist in the street, so they are not suitable for "Real World" application.
3. **Performance Martial Arts** – These are methods that combine gymnastics, tumbling, flipping, and other such activity unrelated to "Real World" application.

It is important to understand the differences so that you can choose the right method for your goals. **Some benefits will overlap** from one to the other...for example, fitness! You can get in better shape by training in any of the three. **BUT!!!! Some things do not overlap....Self-Protection skills for example!**

If you train for Sport or Performance you will not be learning and more importantly, developing the "Conditioned Reflex" needed to survive a violent attack in the Non-Sporting Arena!



For example..In Sport, you know who you are fighting, when and where the fight will take place, and under what rules the contest will be fought. You will be in a controlled environment, with a referee who will ensure that the opponent does not break the rules, and who will stop the fight if you get hurt, so that the opponent does not cause you any permanent damage.

Now compare this with a violent assault in which you may be fighting for your life or the lives of your loved ones on the street, or possibly even in your own home under conditions of one of the many "Home Invasions" we read about all too frequently in the news. You will be dealing with a **VIOLENT ATTACKER**, not an OPPONENT in a FRIENDLY CONTEST. The **ATTACK WILL BE A SURPRISE**. You may be **FACING MORE THAN ONE ATTACKER**. HE OR THEY may be **ARMED**. If you get hurt, there will be **NO ONE TO STOP THE ATTACK**. You will **NOT BE in a CONTROLLED ENVIRONMENT**.



In SPORT you are not concerned with such problems as Environmental Awareness, Second or Third Attackers, Surprise Attacks, Weapons, or the need to **PROTECT YOUR LOVED ONES**.

SO...The Skill Sets for SPORT and “REAL WORLD” Self-Protection are much different and do not transfer from one to the other. We React based on the way we train.

We CAN NOT train for SPORT and REACT PROPERLY if ATTACKED in REAL LIFE!

There is a saying in **LAW ENFORCEMENT TRAINING** which states

“We do not Rise to the occasion....We Sink to our Level of Training!”

So the distinction between Sport and “Real World” training is **VERY...VERY..IMPORTANT!**

At MASS Martial Arts we are not attempting to be “All Things to All People” like some of the other martial art schools out there! WE Focus on “Real World” self-protection Not Sport.

If you read some Martial Art school Phone Book Ads, they claim to teach Everything!

“Karate, Judo, Ju Jitsu, MMA, Kung Fu, Small Engine Repair and Underwater Demolition”.....

These ads are misleading and dangerous to the perspective student!

The next thing you need to consider is the instructor’s experience. Now here you have to be careful. People don’t always tell the truth in their marketing. Their background should be verifiable! And if they are unwilling to answer questions about their background, that may be a signal that they have something to hide!

Legendary speaker Zig Ziglar tells a story of seeing a “**Relationship Expert**” on a TV talk show promoting her new book about having a successful marriage. Zig states “I knew this woman personally and knew that she had been **married so many times She Had Rice Marks On Her Face**”.....His point.....Be careful who you take advice from. Make sure it is someone who actually knows something about which they are giving advice!

There are plenty of “**Tournament Champions**” who are eager to give their students advice on “Real World” self-protection. These are instructors whose advice is purely “Theoretical” because they have no “Street” experience. They have learned their Martial Art in the safety of a commercial Martial Arts School, and never applied their method outside of a “Friendly, Planned, and well Regulated contest with someone willing to follow the Rules of the match. Much like Zig’s “**Relationship Expert**” they are not giving advice on something they themselves have done successfully nor have First-Hand Knowledge of.

MASS Martial Arts Founder and Program Director is hands down one of the most respected instructors in the United States. Master Tony Massengill is a “Published Authority” on “Real World” self-protection, with three books and numerous articles in the major Martial Art publications.



So as you can see, there are some very real differences between methods, schools and instructors. So Choose Carefully!

MASS Martial Arts is a “Real World” Self-Protection school. We do not train “Sport Oriented” Martial Arts. So we let you know that from the beginning.

If your goal is tournament trophies or your idea of a good time is putting on the gloves and attempting to deliver “Head Trauma” on your classmate while attempting to avoid the same....You are not going to be a good fit with our school. We can make a recommendation to other area schools where this kind of training is the norm.

However if you want to learn “Real World” self-protection skills WITHOUT THE HEAD TRAUMA” come and see us for a FREE TRIAL CLASS!

Because Master Massengill maintains a very busy national Seminar Schedule as well as his Book and Instructional Video projects, he prefers to keep his Local Student Group fairly small and Exclusive. For that reason we only take new students by appointment. We do the Free Class Appointments on Monday and Thursday at 7:30 pm. So choose a day and time and call us at (757) 846-1188 to set up your FREE CLASS!

