

In our modern day lives, we do not have the luxury of spending all day in distant and remote monastery training in solitude for 20 years. We have become a busy people, and have limited time. I saw the need to streamline the process of training, without removing the important subtle details that make techniques effective. In a “real fight” situation, the student of martial arts must know when, and how to react-without hesitation. It is important that you can quickly think for yourself and improvises spontaneously. To do this, one must practice in “real fight” simulations that contain the unexpected encounters one may face on the street. A student of martial arts should first learn Fighting Theory: Stances, Blocks, Strikes, Kicks, Grabs, Throws, Holds, Falls, Pressure Points, and Fighting Strategies. This is needed to complete the “*Matrix*” of skills. At first you practice techniques using simple combinations and movements. Techniques are repeated over and over again until they become easy and natural, but the goal is to use them spontaneously and effectively. Very advanced mental and physical development is required to remain in control of a conflict that may happen unexpectedly. It is my goal to create a forum to teach the "Matrix" of techniques, and a creative logic structure so you can continue to teach and improve yourself the rest of your life.

**If you give a man a fish,
he has fish that day.**

**If you teach a man to fish,
he has fish the rest of his life**

Brief History of Martial Arts

Kung fu can be traced to the Chou dynasty (1111-255 BC) and even earlier. As exercise it was practiced by the Taoists in the 5th century BC. Shaolin-Kung Fu traces its origin to a Buddhist monastery in Honan Province around 495 AD. Bodhidharma traveled from India to China to spread the teachings of Dhyana Buddhism. He introduced a better diet and exercise techniques which became the beginnings of Shaolin Kung Fu.

During the Ming Dynasty (1368-1644 AD), various forms of Wushu were well established in Korea, Japan, Tibet and many other countries. What is called "Karate" or “Open Hand” and is actually a descendent of Southern Chinese boxing forms. Similarly, Judo can trace its origins to the importation of Chinese wrestling and Qinna, the precursor of Jiu-jitsu.

Highlights of All Style Fighting Arts™

Mental Conditioning: Strategic Fighting Concepts, Control, Focus, Response, Memory

Physical Conditioning: Strength, Endurance, Dexterity, Reflex, Flexibility

Learning the Anatomy: Nerve System, Blood System, Skeletal Structure, Organs, Pressure Points

Learn basic techniques: Blocks, Strikes, Kicks, Grabs, Stances, Moves, Forms, Weapon Defense

Sparing: Fight Simulations, Combinations, Boxing, Stances, Lunges

Grappling: Throws, Falls, Holds, Grips, Grabs, Ground Wrestling

What Makes All Style Fighting Arts™ Unique?

- It incorporates all styles, techniques, and sets criteria for interjecting new ideas
- Address skills needed for fighting in all positions: *Apart, Up-close, & On the Ground*
- Promotes advancing the Martial Arts by continuing to improve ancient concepts
- Encourages inventiveness, open mindedness, and creative independence
- Establishes an inventive spirit, and teaches creating new techniques and Forms
- Improves physical conditioning, self-control, dexterity and mental alertness
- Develops confidence, self-reliance, and effective fighting skills
- Training wisely with *Low Impact*. Emphases in safety and longevity

How Can Martial Arts Improve your life?

Martial Arts training improves the body as well as the mind. It's has an intrinsic quality that is all most magical-as most practitioners would agree. Life can be like a football that is tumbling end to end in the air. Martial Arts training can put an *arrow-dynamic* spin on your life, which can help to create balance focus, and direction.

Take control of your destiny

Private & Group

On location! We come to where you are.

Executive Training

Motivation, Focus, Concentration, Balance

Personal Training

One on One with the Master

Private Groups

Friends, Family, Special Interest

Gift Packages

Birthdays, Graduation, Achievement

This is not the typical "Strip Mall" Karate studio. I am offering you specialized training at it's best. You won't feel like your just another number. I am interested in quality, not quantity. This is not a "push you through system." So, if your in a hurry, please don't respond. The best students have dedication, and stick-to-it-ness. Harness the life changing power of making decisions!

I honor previous training levels & styles

Rates

No Binding Contracts - Honesty and Trust

Private Lessons

\$50.00 per hour

Group Lessons

\$50.00 per hour

Plus \$5.00 per person

All Day or Weekends

\$400.00 per day

Plus \$5 per person & accommodations

Special Discounts

for long term training

D.R. Auten began Martial Arts training in 1972. He has now trained for over 32 years, with many Masters, in 11 unique styles, at 9 different Schools/Dojos/Ru's. All Style Fighting Arts is a culmination of all his years of training, and is a blend of the most effective techniques. I teach the secrets of Self Defense as handed down through the ages.

Budokan

Shorin-Ryu

Judo

Aikido

Ju-Jitsu

Tang Soo Do

Tae Kwon do

Kung Fu San Soo

Shoalin Kung Fu

Tai Chi

Boxing

Kick Boxing

I reserve the right to train, and have the right to discontinue training to anyone.



\$50.00

Value

Free Lesson

Just Bring This With You

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Self-Defense

Men - Women - Children

Karate - Kung Fu - Aikido

Judo - Tai Chi - Jujitsu - Kick Boxing

Master Instructor

D.R. Auten

(6th Degree, Registered Black Belt)
32 years of experience in the Martial Arts

We live in trying times, and should be prepared for anything

- Protect yourself and your loved ones
- Martial Arts is fun and exciting
- Stimulate your mind and body
- Take control of your life