

“The body is a living temple, respect it, defend it. Our body is the vehicle which physically moves us through life.”





Scorpion Martial Arts consists of fitness and mixed martial arts that includes:

Arnis



**A Filipino
stick fighting
martial art
form.**



TaeKwonDo



An Olympic sport that originated in Korea and incorporates kicking and punching.



Judo

Is a modern Japanese martial art and combat sport that focuses on throwing and wrestling techniques.



Kickboxing

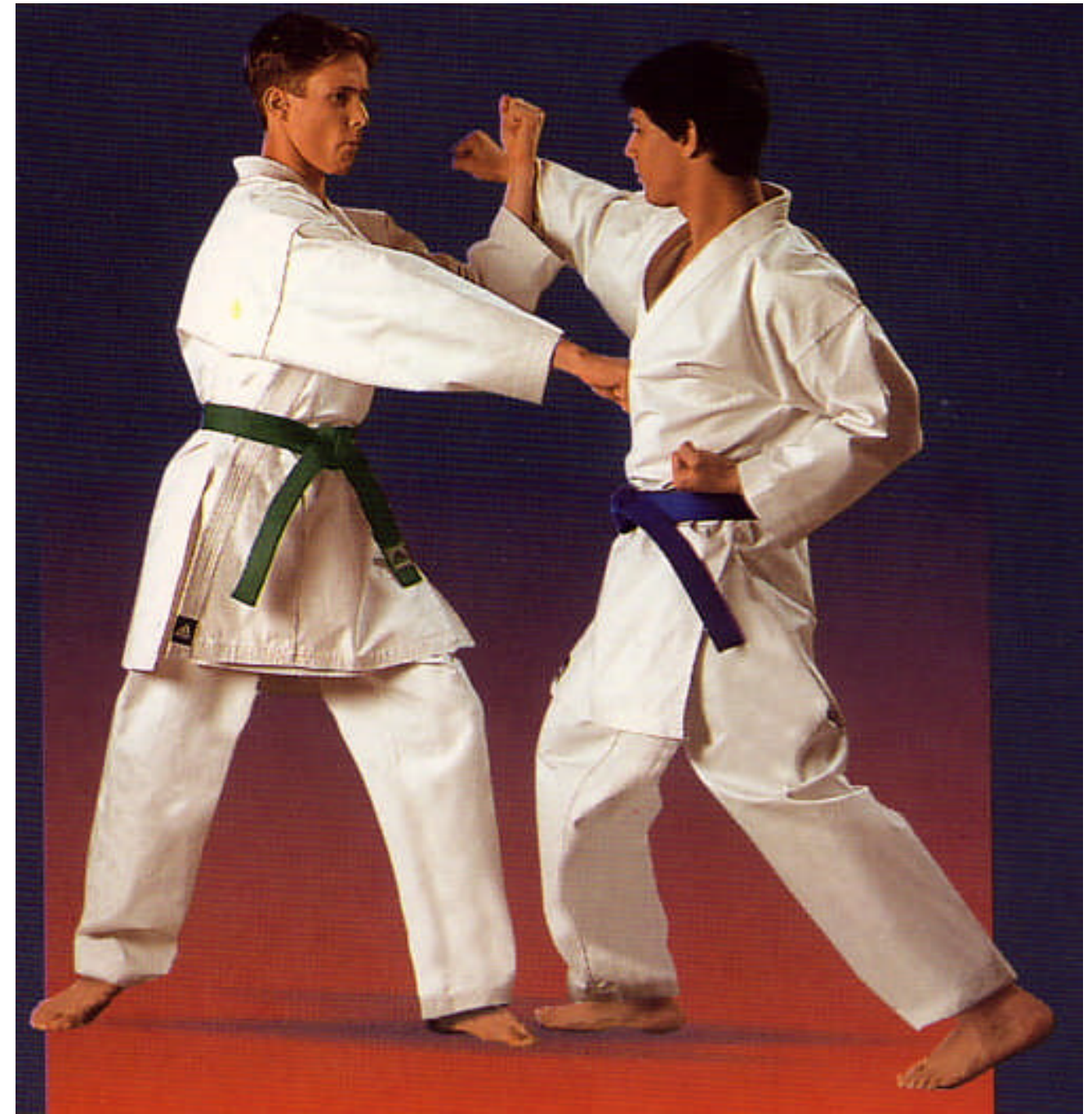


**Uses
lethal
Muay
Thai
kicks to
pressure
points.**



Karate

Kicks, punches and katas (a formalised sequence of movements which represent various offensive and defensive postures). The katas also incorporate secret Kyusho (pressure point) moves.



BJJ

Is a martial art, combat sport and a self defence system that focuses on grappling, especially ground fighting.



Wing Chun



Is a Chinese martial art that specialises in close-range blocking attacks using chain punches.



Hapkido



A Korean martial art that teaches the way of coordinated power. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength.

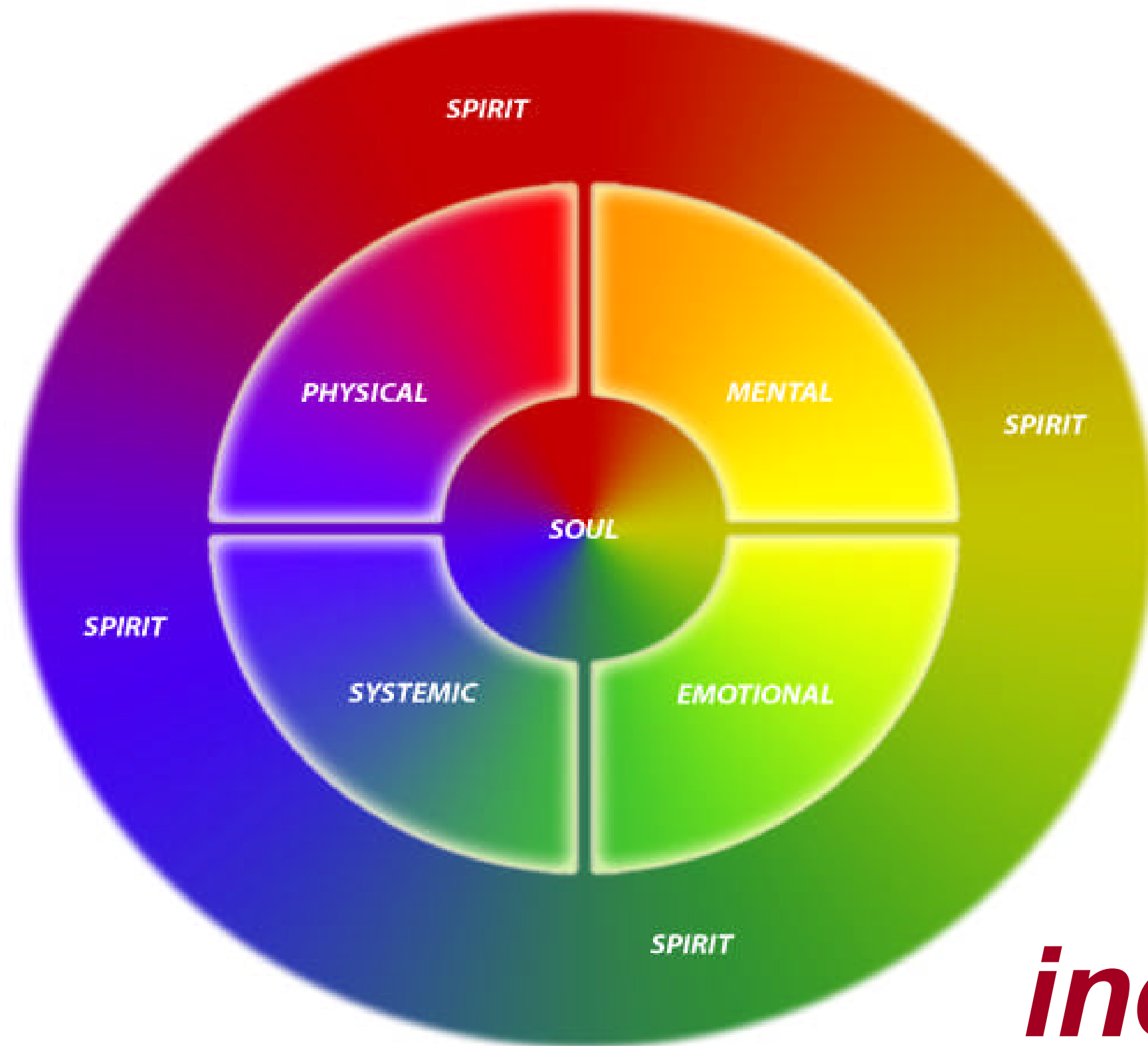


Kyusho Jitsu



**One second
fighting
using
pressure
points and
meridians.**

In order to teach the whole person,



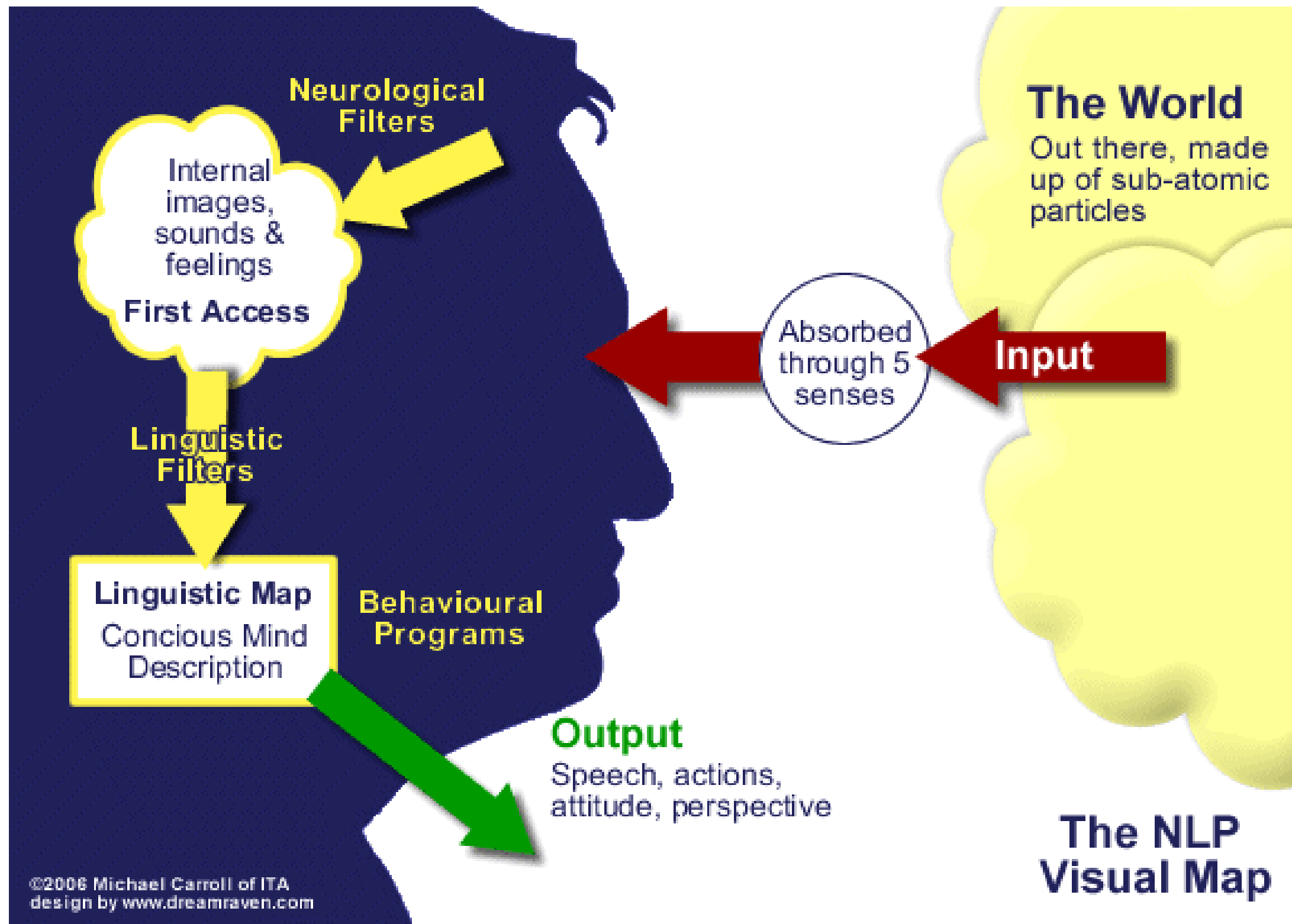
***Scorpion
Martial
Arts***

incorporates:

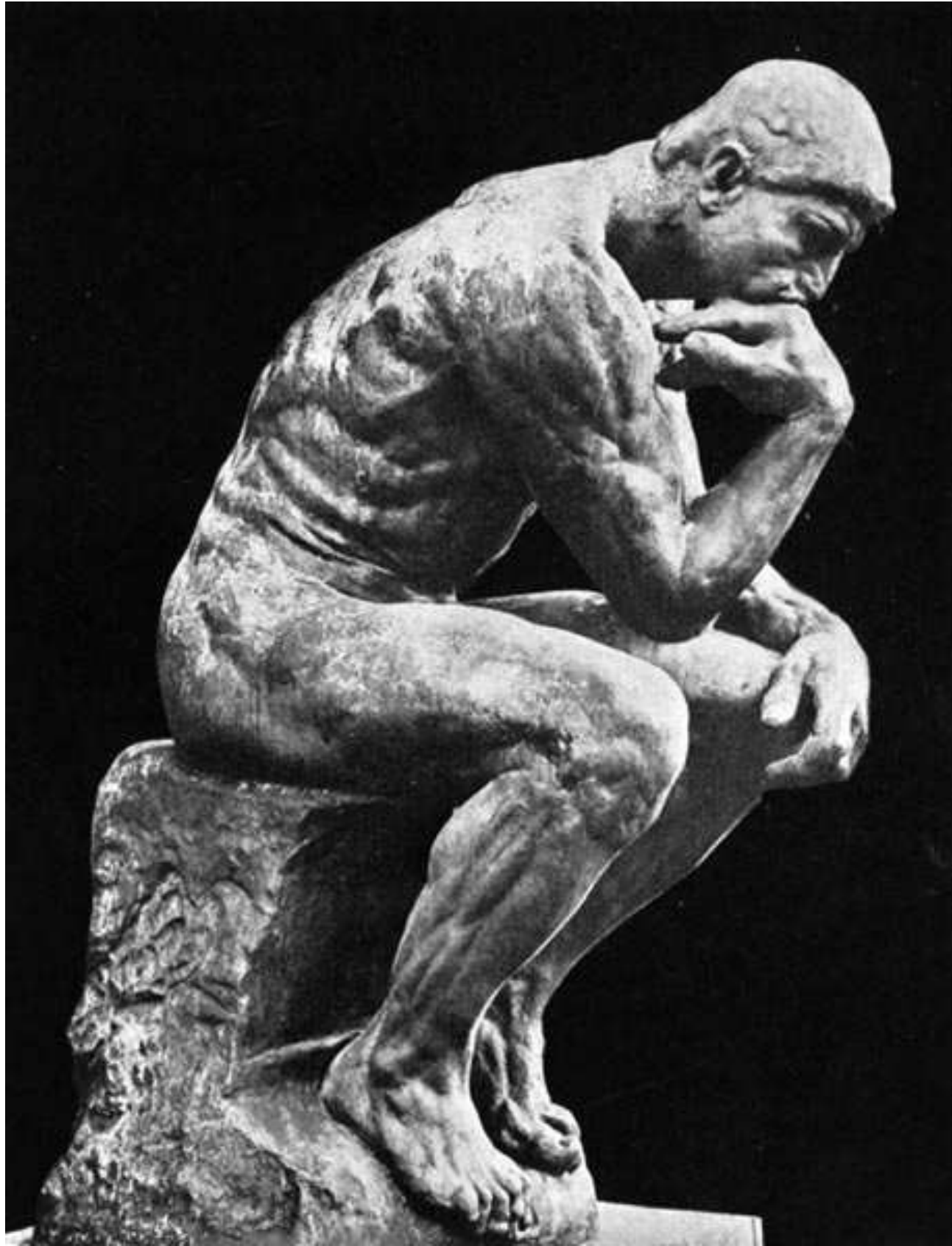
NLP



(Neuro-Linguistic Programming)

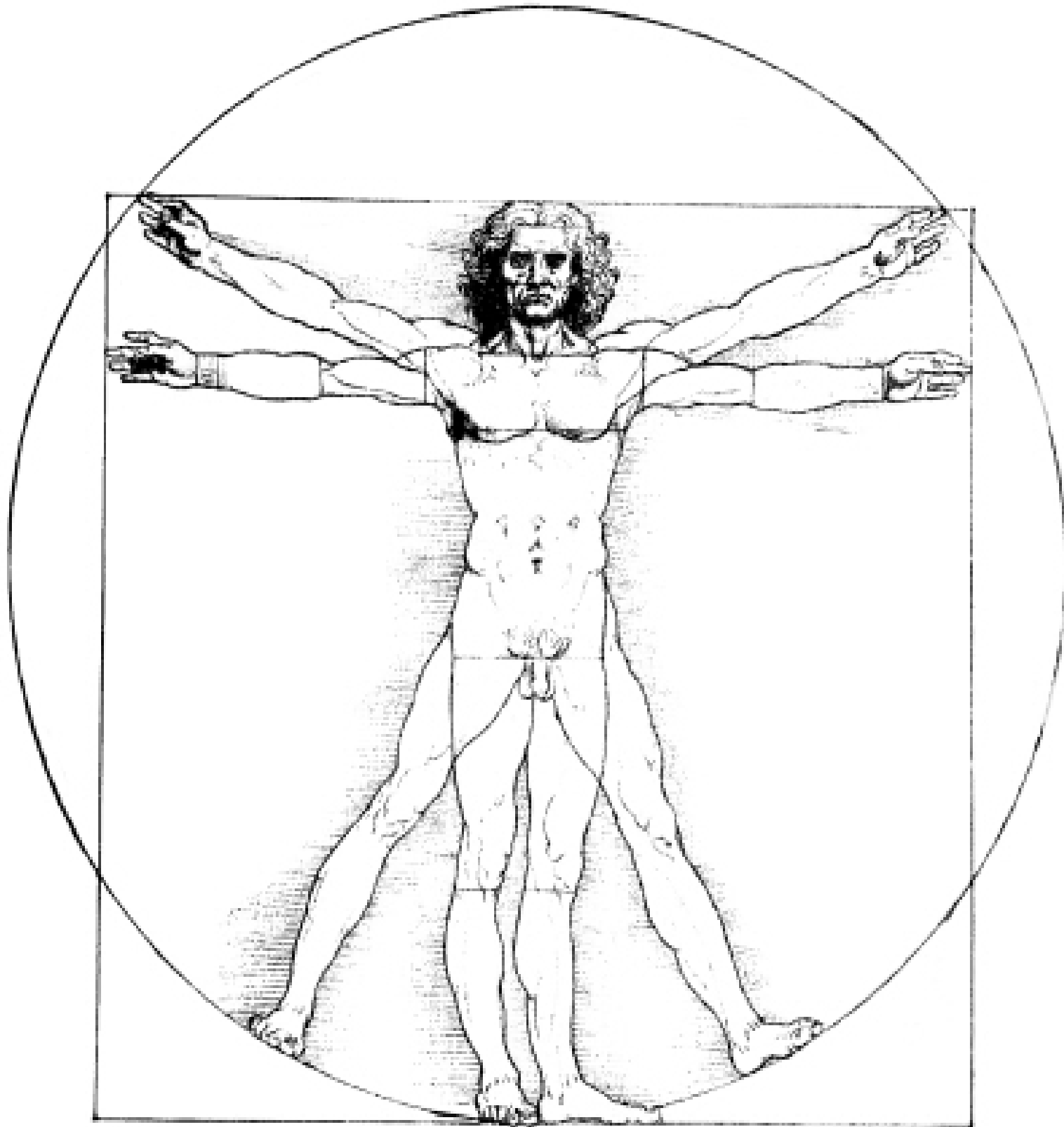


Philosophy



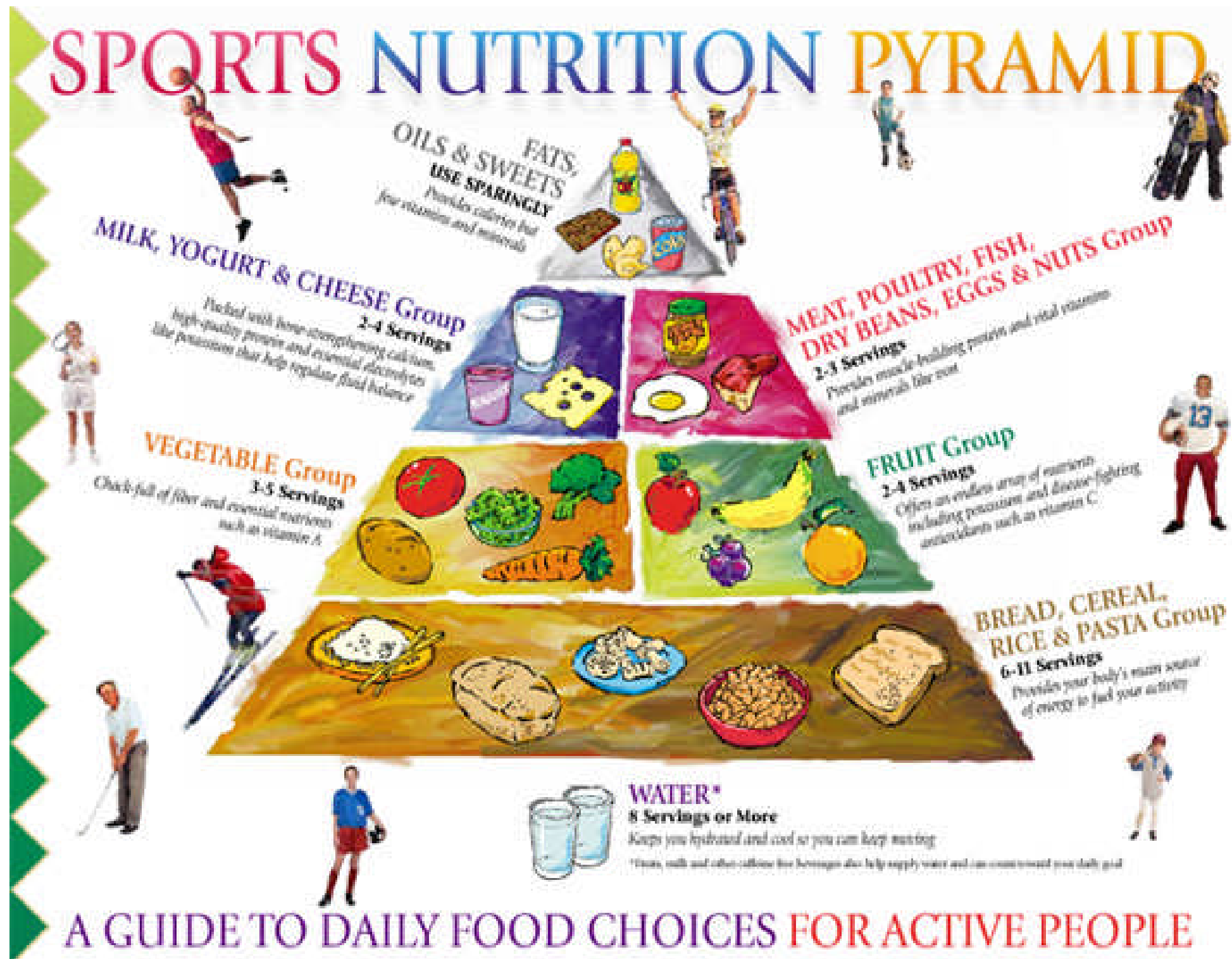
**Philosophy
comes from the
Greek for “Love
of Wisdom”.**

Fitness

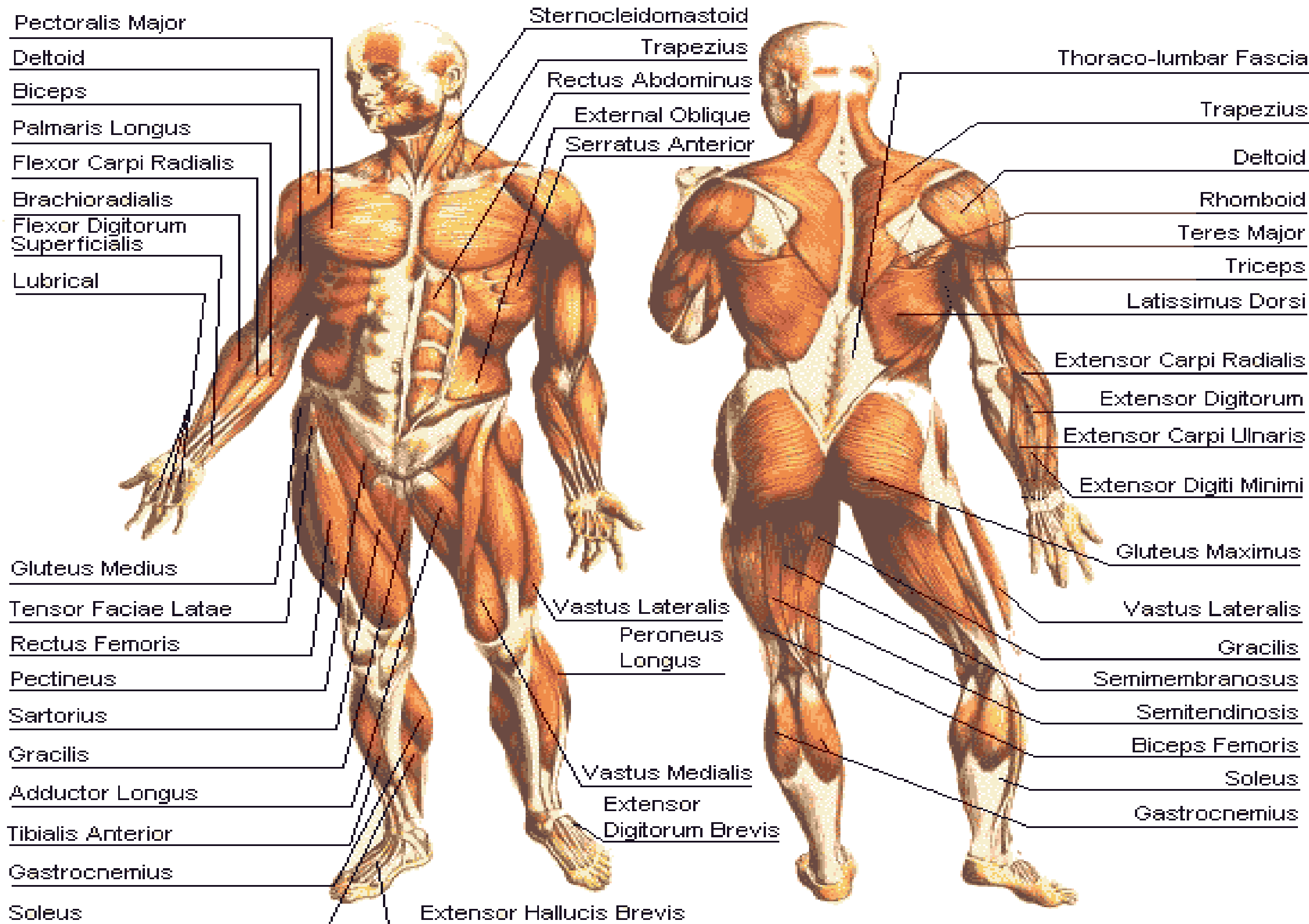


The state or condition of being physically sound and healthy, especially as the result of exercise and proper nutrition.

Nutrition



Anatomy



Anterior

Posterior

Spirituality



Conditioning



Physical conditioning should include a combination of aerobic exercise and resistance training. For balance, the resistance training is more important. Your focus should be on improving your core strength and leg muscle strength.

Martial arts provides overall physical conditioning and toning.

Pressure Points

Most pressure points are located on pathways on the nervous system.



Pressure Points use tendons, ligaments, and muscles to temporarily immobilise, distract or to cause the person to be knocked unconscious.



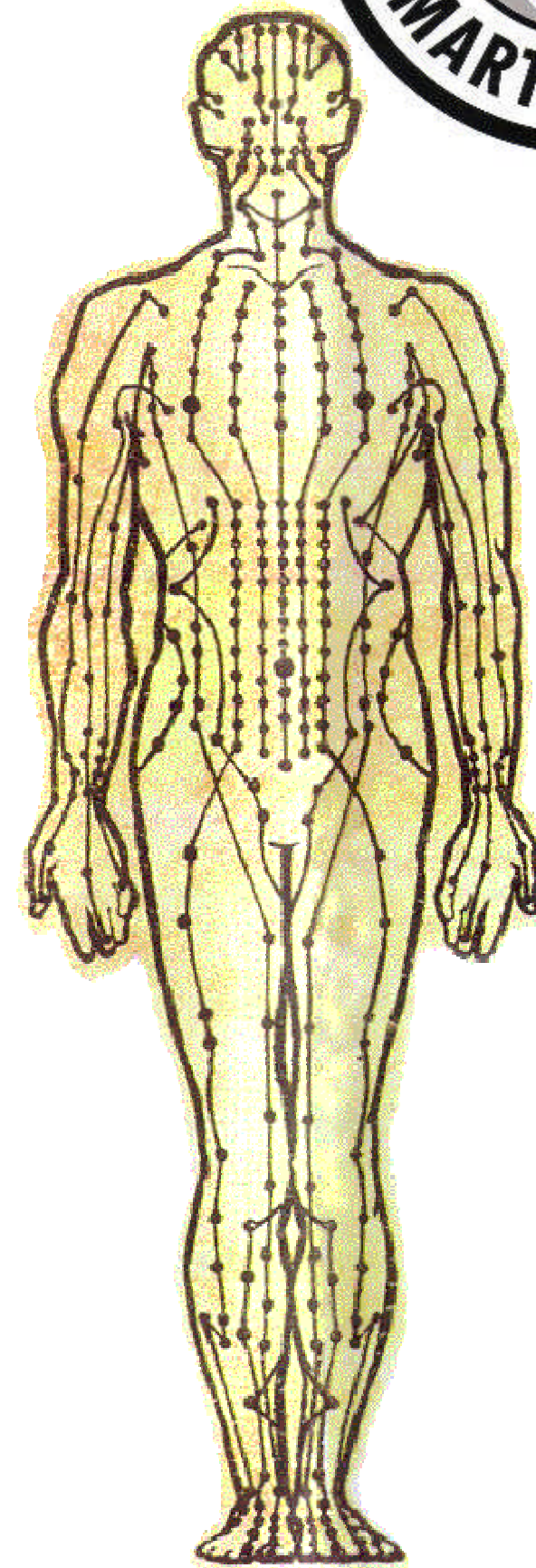
Meridians



Meridian lines are invisible lines that carry energy throughout the body.

Under healthy conditions, the energy will flow freely through the meridians.

If the internal organs function abnormally, the energy will stagnate in the meridians and cause illness.



Scorpion Martial Arts

*also
addresses
life skills and
personal
development.*



Clients

We specialise in self-defence for women, the family, the Security Industry, the Police Force, private and public corporations and any other professional industry.



The Student Creed



To build true confidence through knowledge in the mind, honesty in the heart and strength in the body. To keep friendship with one another and to build a strong and happy community. Never fight to achieve selfish ends, but develop “might for right”.

The Principles of Blackbelt



**Indomitable Spirit, Courage,
Modesty, Perseverance,
Wisdom, Courtesy, Self Control
and Perfection of Character.**