

Learn Martial Arts from those who created it!



Chief Instructor Colin Wee has been doing martial arts for 20+ years, and is respected by peers and instructors worldwide.

- 3rd Degree Taekwondo
- 1st Degree Ninjudo
- Previous Asst National Coach
- Molom Combat Arts Honor Society
- Hon. Technology Officer, IAOMAS

‘Fitness! Confidence! Strength! Flexibility! Self Defence!’ – Great benefits from great martial arts programs. Yes, martial arts training *is* a great way to stay in shape.

But join a school that focuses on fitness or gimmicks or quick promotions or that one ‘killer app,’ and your interest will wane quickly. Chances are that you will quit under 6 months, and will never really taste that elusive confidence. That elusive strength. Or that elusive self defence capability.

At Hikaru Dojo, you will be getting honest-to-goodness traditional training. Our approach is time-tested and relies on knowledge that makes logical sense. Our instructional methodology is open and truthful. Expect to gain not only fitness and strength, but also a healthy view towards self-defence and combative strategies.

In our beginner’s program expect at least:

- ✓ 2500 push ups
- ✓ 2500 sit ups
- ✓ 1500 leg exercises
- ✓ 3 km of sprinting (not running)
- ✓ 450 Backward push ups*
- ✓ A host of other exotic exercises

... are you ready for this???

What is the ‘Heaven and Earth’ pattern?

Kata, Poomse, or pattern, is a time-honoured tradition within all major martial arts used to transmit key expertise. ‘Heaven and Earth’ or Chon-ji in Korean is the first of 10 martial arts patterns that a person would have to learn to earn a black belt in our martial arts school. Far from being an outmoded way of learning, patterns were designed in order for instructors to teach both traditional combat theory as well as innovative self-defence tactics. For our beginners’ program, Hikaru Dojo focuses on Chon-ji as the main method to communicate all the basic martial skills that you will learn during your first few months with us.



Beginners Course Skills Checklist

(This is what you learn.)

- ✓ Stepping v. Lunging forward; accelerate to beat your opponent’s reaction time
- ✓ Proper breathing to maximise striking force
- ✓ How to form a fist
- ✓ Two powerful attacks: the lunge punch and hammer fist
- ✓ Two defensive blocks and how they provide coverage from strikes
- ✓ Protect your face from a punch to the head.
- ✓ Where to focus your eyes and how to improve your peripheral vision
- ✓ Plus more!