

**THE MFMA CATALOGUE.**



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**THIS BOOK IS DEDICATED TO ALL MFMA MEMBERS.**

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## **WHAT IS THE MFMA?**

**The MFMA is a global martial arts society. With the MFMA, anyone can join and learn martial arts from home. Who is the MFMA ideal for?**

- **Anyone who likes martial arts.**
- **People with busy schedules, who want to learn martial arts, but can't commit to a weekly schedule.**
- **Those who always wanted to learn martial arts, but never had any decent schools nearby.**
- **People who want to learn martial arts in private, without belonging to a local group.**
- **Those who want to learn martial arts, but were refused, as they have disabilities or exhibit behaviours that challenge.**
- **Celebrities who are always busy, yet still want to study martial arts.**
- **People who can't afford local martial arts schools.**
- **Existing Instructors, who want to learn something different, and teach a new class.**
- **Martial arts nerds who simply want to belong as members.**
- **People who trained in martial arts for years, yet their school suddenly closed down.**
- **Marketers who want to sponsor us and in turn have MFMA represent their brands.**
- **Those who left their local schools, as they felt they weren't learning quickly enough.**
- **Individuals who trained years ago, and want to get back into martial arts.**
- **Victims of bullying or domestic violence, who want to empower themselves.**
- **People who have jobs that require lots of travelling, and live in hotels most of the year.**
- **Parents who want to teach their children how to defend themselves.**

**Everyone over 18 is welcome to join us in the MFMA. Come and learn from the experts.**

**Here is the link to our website below.**

**<https://thomasgdaw.wixsite.com/mfmarules>**

## **TYPES OF MEMBERSHIP.**

**In the MFMA, there are two types of membership- Standard and Elite.**

**Standard MFMA membership is for those who want to join us just to belong, to join the crowd. Standard membership is included with most of our home study courses. Standard members get freebies and access to MFMA updates via the exclusive members only area. Standard MFMA membership is perfect for those who want to try a course, and see how things go.**

**Elite level membership is for those who wish to learn and earn higher ranks: eventually teaching our systems in real-life Dojos. Elite level members are normally existing instructors in other styles, or those that are on their way to becoming instructors. Elite level MFMA members get the best discounts on our courses and more, at their exclusive members only website.**

**In the MFMA, there is no pressure. Some people wish to open Dojos and are highly successful: others simply want to be members. MFMA members are not given weekly orders, but the MFMA is still a fantastic, global martial arts school.**

**The MFMA is unique because all ages, levels of ability and nationalities are welcome to join us. Grand Master Daw has rejected the competitive nature of most martial arts organisations, and instead has united all under one club. There is no one-upmanship or competition in the MFMA, as we are in a league of our own. The MFMA has no bullying, prejudice or nonsense like you would find in many Dojos. MFMA is truly a kind of martial arts heaven.**

## **LESSONS WITH GRAND MASTER DAW.**

**With the MFMA lessons program, anyone can join and learn martial arts whenever they wish. You may have been awarded 3<sup>rd</sup> Dan twenty years ago, and want to get back into training. Or you may be a complete beginner in the martial arts: and what better place to start than with a lesson program?**

**No stone is left unturned in the MFMA lesson program. Enjoy being able to learn wherever you are in the world. No pressure, hidden fees or time limits.**

**As time goes on, there will be more and more lessons updated to the program. Learn everything you need, and nothing you don't. All styles, all levels of ability, welcome to join.**

### **Lessons with Grand Master Daw.**

**<https://thomasgdaw.wixsite.com/mfmarules/about-1>**

## **THE MFMA EMPTY HAND STYLES.**

The MFMA empty hand courses are a fantastic way to learn martial arts. You can learn martial arts from home, without pressure or weekly timetables. We have students that are beginners and experts in the martial arts studying our systems, all over the world. Our martial arts courses are truly suitable for all who wish to learn.

### **DAW RYU.**

The first martial arts course ever created for the MFMA; Daw Ryu is a strong style. learn all the punches, kicks, drills, blocks and self-defence you will ever need. perfect for beginners and experts alike, Daw Ryu is a global favourite. you can be sure that you are onto a winner with Daw Ryu.

### **3 ANIMAL KUNG FU.**

The 3 Animal Kung Fu course is the most popular style in the MFMA catalogue. Grand Master Daw has adapted Shaolin animal styles for modern day street combat. Beginner to 1<sup>st</sup> Dan utilises Snake and Tiger Kung Fu. Higher levels will learn the Praying Mantis, then we blend all 3 animal systems to create a devastating modern Kung Fu. Masters of Kung Fu and beginners love the modern take on the Shaolin animal styles.

### **INAZUMA NO KEN: WAY OF LIGHTNING FIST.**

Inazuma No Ken is perfect for those who simply want self-defence. Beginner to 1<sup>st</sup> dan teaches 50 self-defence techniques: more than enough to overcome most combat scenarios. Those who have already studied martial arts will see a blend of many systems in way of lightning fist system. There are hints of Taekwondo, Wing Chun, Ninjitsu and karate in Inazuma no ken. Higher ranks begin to create their own kata and moves



**based on what they've learnt. Your opponents won't know what hit them with your skills from our lightning fist system!**

## **UNIVERSAL KARATE.**

**Universal Karate is a modern Karate style that packs a punch. Learn all the moves you will ever need. Gain confidence and get fit with ease. Our black belts in Universal Karate know more than most masters. If you have always wanted a no-nonsense modern Karate, without the waffle and ceremony, Universal Karate is for you.**

## **MFMA TAEKWONDO.**

**Grand Master Daw has created a powerhouse with the exclusive MFMA Taekwondo. The forms or Tul are unique to MFMA Taekwondo, and are created by Grand Master Daw. Learn six exclusive Tul, plus all the kicks and hand strikes needed to overcome any obstacles in your way. MFMA TKD is not easy, but instead is arguably the strongest Taekwondo ever created. learn moves that work anywhere with MFMA Taekwondo.**

## **MFMA COMBAT BOXING.**

**Not to be confused with traditional, in the ring Boxing. MFMA Combat Boxing will transform your hands into deadly weapons. This course uses hand strikes from Kung Fu, Karate, Taekwondo and more; simple to learn, tough to master. No kicks are to be found in Combat Boxing, but what devastating hands! anyone can pick this course up and learn it with ease.**

## **ORANGE DRAGON KARATE.**

With Orange Dragon Karate, we learn all we will ever need in order to be able to defend ourselves. Higher Dan ranks will learn basics with weapons, so they can use them if the situation arises. ODK is perfect for those who want more than just empty hand self-defence.

## **GLOBAL COMBAT SYSTEM.**

Global Combat System is a fantastic place to start your martial arts journey. GCS teaches fighting combinations that are easy to memorise and use in street combat. You will be amazed at how quickly you transform from humble beginner to expert fighting machine. For beginners who want to get good at fighting quickly, GCS is a must buy. Also, experts who want to learn combos for a tournament can do no better than Global Combat System!

## **MFMA KAJUKENBO.**

Our latest course, MFMA Kajukenbo is a modernised form of traditional Kajukenbo. The Kata in MFMA Kajukenbo are exclusive to the MFMA. This course is perfect for beginners and experts alike. Learn all you will ever need to walk the streets with new-found confidence. Never look back.

## **ELITE FIGHTING SYSTEM.**

Elite Fighting System is designed for those who want the leading edge in self-defence. Elite Fighting System is simple but deadly: you have been warned. A superbly strong martial art without being over-the top in its self-defence applications- EFS is a winner.

**All are welcome to join us in the MFMA martial arts club. For more details on our fabulous empty hand styles, please visit the link below.**

**<https://thomasgdaw.wixsite.com/mfmarules/empty-hand-styles>**

## **THE MFMA WEAPONS COURSES.**

**The MFMA weapons courses are a fantastic way to learn oriental martial arts weapons from home. Learn in your own time and without pressure. The MFMA weapon courses are easy to follow, and hard to put down, once you get going. Our weapon courses are amongst the best tuition in the business.**

**We recommend training with wooden or foam safety weapons in all martial arts that study them. Many people ignore advice, and have life-changing injuries, as a result of messing about with weapons. A true master of the martial arts is skilled with weapons and the empty hand techniques.**

### **MFMA Weapons Courses.**

**<https://thomasgdaw.wixsite.com/mfmarules/weapons-courses>**

## **OTHER COURSES AVAILABLE.**

**MFMA has many courses available for all to join and learn from. Our courses are available at the link below.**

**<https://elitemartialartists.gumroad.com/>**

### **THE MFMA INSTRUCTOR COURSE.**

**The MFMA Instructor course is designed for those who wish to teach and open a Dojo of their own someday.**

**The MFMA Instructor course is perfect for those that always wanted to teach, but never had any idea where to start. A no-nonsense, common-sense approach to modern martial arts tuition. The MFMA Instructor course is also good for existing instructors, who maybe want to learn something new.**

**The MFMA will help you to open your Dojo, wherever you come from. We recommend an Instructor course for anyone approaching 1<sup>st</sup> Dan black belt or above. In the MFMA, you can promote up to one grade below yourself.**

### **THE MFMA BOB DUMMY WORKOUT FOR BEGINNERS.**

**The Bob Dummy workout for beginners has a misleading title. In fact, the Bob dummy workout video should be called 'Beginner to Deadly Expert in Five Minutes'. Well, not quite five minutes. Yet the point I am trying to make, is that this Bob dummy workout is the best you will get.**

**I have had feedback from people who have felt that they have literally transformed, because of the Bob Dummy workout video. All it takes is patience, learning a little at a time. Some students may be existing instructors, wanting something new to teach: that is perfectly fine with us.**

**How long it takes to learn any system is up to the individual. Yet we can guarantee that all students of the Bob Dummy workout will be superior Boxers after just a few months of training.**

**For the complete beginner who wants more, I recommend learning the Bob Dummy workout with the Combat Boxing 1<sup>st</sup> Dan black belt course. All are welcome to come and join the fun. Please note, the Bob XL dummy is used in the workout video.**

## **IN THE MIND OF A MARTIAL ARTIST.**

**In the mind of a martial artist, there are many topics to consider. Any martial arts expert's greatest weapon is his mind.**

**In the mind of a martial artist course, topics are covered that many think they know already, but may have overlooked.**

**When we become martial arts experts, we often forget that most people have not been through the same training as we have.**

**Punching and kicking is something anyone can do. Yet without the right frame of mind, every second training is a waste of time. Without the correct attitude, even the strongest man can be beaten easily.**

**The mind of a martial artist course is perfect for anyone, especially those who have never done martial arts before.**

## **COMBAT KNIFE CRIME.**

**Primarily designed for those in the UK, Combat Knife Crime can still be learnt anywhere in the world.**

**In the UK, knife crime is at a shocking high. Don't be a victim. Teach others this simple course, so that you can help to save lives of other people.**

**This course contains manuals and is a complete syllabus, with written and practical elements.**

**The Combat Knife Crime Course is ideal for anyone who is teaching secondary school age or higher. The Combat Knife Crime Course is also perfect for those who run youth clubs and work with young people.**

**The problem with most knife crime courses is that they are designed by people who are not experts in using the knife. Learn from one of the best knife experts alive, and see just how easy this course is to teach others.**

**Teachers often know that they are teaching people things that are soon forgotten. Why not teach your students something valuable, that may save their lives one day?**

### **KICKING SEMINAR COURSE.**

**As someone who kicks better than most will ever punch, the MFMA kicking seminar course is a great place to learn those kicks.**

**Learn foot techniques from Taekwondo, Karate and more. Learn everything you need and nothing you don't. No waffle. No crap. No twenty minutes teaching you a basic kick. All killer, no filler.**

**Some students are boxers who have always wanted to move their feet. Others are complete beginners, who just want to kick. Enjoy new freedom of movement with the MFMA Kicking Seminar Course.**

**Other seminar courses are available, such as 3 Animal Kung Fu, Universal Karate, and weapons seminar courses. Learn extra techniques to complement the existing courses, or simply learn from scratch.**

## **CONCLUSION.**

**Thank you for reading this catalogue. If you like martial arts, and want to learn without pressure, the MFMA is the best club to join. You won't be disappointed.**

**Have a great day.**

**Regards,**

**Grand Master Daw.**



