

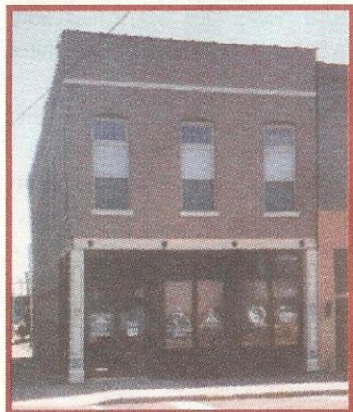
MIND, BODY & SPIRIT COMING TOGETHER

THREE RIVERS MARTIAL ARTS



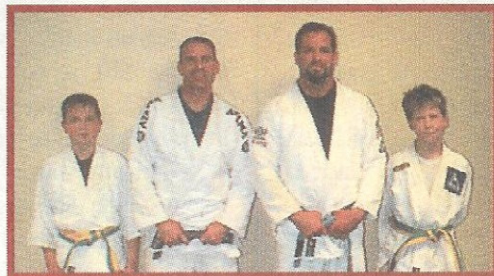
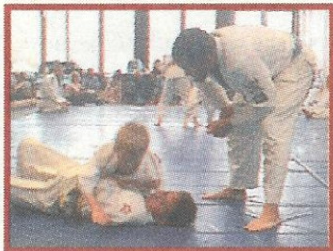
Most of us know a little about martial arts. We have watched Bruce Lee gracefully out-manuever his foes with Kung Fu. Some of us have watched the Ultimate Fighting Championships on cable TV and have heard of Royce Gracie who won three, back-to-back titles. We have watched the movies "Enter the Dragon" and "The Matrix" and marveled at the precision and skills of the fight scenes. But to become a true expert in the field of martial arts requires training, dedication and expert instruction in the art of self-defense.

Recently I had the pleasure of meeting Jason Hawkins, the owner and principal instructor of Three Rivers Martial Arts Academy; an accredited training association that offers instruction and seminars in Royce Gracie Brazilian Jiu-Jitsu, Tai Chi, Kali Silat and Jeet Kune Do. Jason is very enthusiastic about the benefits of martial arts training and is dedicated to his school, which is located in a beautifully renovated facility at 900 Broadway. Jason believes that there are many positive benefits to martial arts training. "Participants of all ages gain improved self-confidence, a healthy lifestyle including weight management, discipline, equanimity, focus and decreased anxiety under stress," he explained.



Jason and the other instructors at Three Rivers offer classes for children 4 to 14 years of age that teach children to focus their energies in a positive way. In the teen and adult classes, Jason tells me "students take the skills to a higher level and incorporate the cultural and philosophical aspects of martial arts training."

Jason's many students include Greg Wilson and his two children. Greg feels that "assurance through achievement" is a benefit that his children have received through classes at Three Rivers. "It has given them a confidence from within," he tells me. "They don't have to prove themselves." Greg is sure that if his children were confronted, they wouldn't feel pressured to fight. They know they can defend themselves and that decreases the fear factor



L-R: Jamie Wilson, Jason Hawkins, Greg Wilson, Brandon Wrye

in a confrontation situation. They find it easier to walk away.

Jason chose the Royce Gracie Jiu-Jitsu method because of its special features. He believes that "the training is unique for the speed of its effectiveness and because of how the concepts and principles of Jiu-Jitsu are applied." Royce Gracie



visits


Paducah every year to provide training and mentorship to instructors and students. Jason explains that the nationally recognized "ranking systems are based on skill and technique and are designated by colored belts: white through green for children and blue through black for adults."

Kali Silat is weapons based, but ultimately an empty-hand system of self-defense and Jason explained that it was "developed in the Philippines." Students

learn a heightened awareness of their surroundings and the system teaches them to use items in their environment as tools of combat.

Bruce Lee and Dan Inosanto developed the philosophy of Jeet

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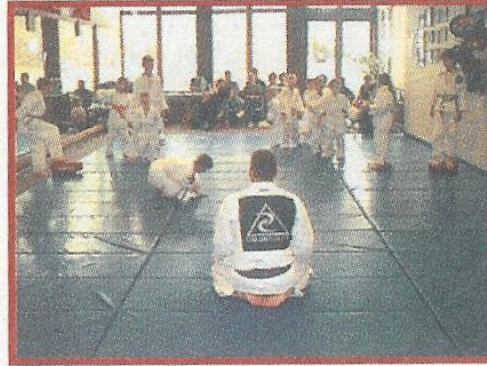
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Kune Do and Jun Fan Gung Fu Kickboxing. The latter is the combination of 27 forms of martial arts and sports training which utilizes the training methods of Bruce Lee.

Tai Chi is proven to be the most effective coordination and balance enhancer in the world. It promotes overall wellbeing through mental and physical stimulation, and has been shown to help older participants lower their blood pressure, boost the immune system, reduce arthritis pain and manage stress. Jason has led classes and seminars in Tai Chi for various non-profit organi-



zations, colleges, and businesses. If you want to learn more about martial arts and how it can benefit the whole family, Jason will be pleased to talk with you personally.