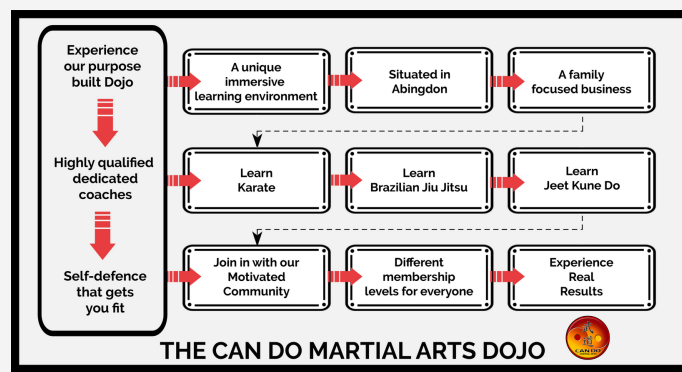


THE CAN DO MARTIAL ARTS DOJO



*A UNIQUE MARTIAL ARTS
JOURNEY TO SELF-DEFENSE
WHILST TRANSFORMING
YOUR HEALTH AND FITNESS*

BEN RICHARDSON



CHAPTER 1

EXPERIENCE OUR PURPOSE BUILT DOJO

A unique immersive learning environment
Situated in Abingdon
A family focused business

CHAPTER 2

HIGHLY QUALIFIED DEDICATED COACHES

Learn Karate
Learn Brazilian Jiu Jitsu
Learn Jeet Kune Do

CHAPTER 3

SELF-DEFENCE THAT GETS YOU FIT

Join in with our Motivated Community
Different membership levels for everyone
Experience Real Results

CHAPTER 1



—
EXPERIENCE
OUR
PURPOSE
BUILT DOJO
—

THE CAN DO
MARTIAL ARTS DOJO



Hello and welcome to - Can Do Martial Arts Dojo...

My name is Ben Richardson, the founder of the Can Do Martial Arts.

I'm a 5th Degree Black Belt in Karate, a Black Belt in Jeet Kune Do, and a Brown Belt in Brazilian Jiu Jitsu...

So, before I start, I just want to ask a few quick questions - to make sure you are in the right place...

Do you live locally to Abingdon?

Are you looking for something new to try for yourself or maybe with the whole family?

Do you want to feel safer and fitter?

If you've answered YES to any of these questions, then perfect - you are in the right place and I would love the opportunity to introduce you to our Can Do Martial Arts Dojo...

We all want the best for ourselves, our family and our children. There are so many choices out there when it comes to fitness and family activities. Searching on Google can be overwhelming and how do you know who to trust.



We all know that joining a gym to get healthier can be expensive and eventually becomes something we stop doing. Finding a local activity for the family also becomes challenging and you soon run out of choices. This is where our local 'Can Do Martial Arts Dojo' offers the perfect combination of self-defence, fitness and fun, and something the whole family can do together.

As I said my name is Ben and I've trained in martial arts for over 30 years and have been a professional instructor for 15 years.

I created a professional team of highly qualified and accomplished coaches committed to helping students achieve their goals. The dojo is a unique space that is dedicated to martial arts, and designed to create an amazing learning environment, with a strong family focus and a culture of immersive learning.

Being a family man and local to the area, I enjoy giving back to the community. One of the ways I do this is by providing free Women's Self-defence courses, primary school personal safety courses and family fun days.

The Dojo is recognised as a hub of the Abingdon Community and a place people can come to for transformation and personal growth.

www.candomartialarts.co.uk

A unique immersive learning environment

The importance of having a dedicated Dojo is that it allows us to help you learn new martial arts skills faster. The Dojo has plenty of space which eliminates distractions and keeps you focused. This relaxed atmosphere makes it so much easier to submerge yourself in Martial Arts providing you with the opportunity for personal growth and increased fitness.

Martial arts creates personal challenges that continue to become more interesting as you progress. At the Dojo we tailor our coaching to your specific requirements allowing you to learn your new skills confidently. This means you won't be turning up to a class full of 50 people and be lost in a crowd. We understand that everyone is different, and you are unique which means we put processes in place to help you achieve your personal targets.

Dōjō literally means the Path or Way of enlightenment. So it is not a gym, or box, or pit or whatever the slang term is for fitness places these days.



This is a Dojo, a place to learn and grow in a culture steeped in history and its uniqueness will drive your learning and become the place to start a journey towards something more important in your life. The Dojo is a place of learning, you won't just be here to do an activity or to "keep fit". You will become part of something greater and something meaningful. Rather than turning up to a soulless commercial Gym, this is your opportunity to be part of a supportive and thriving community of like minded people, a family that helps to motivate you and support you as you start to achieve amazing results.

You will find our coaches have one focused purpose, which is simply to help you learn martial arts. That's it. The reason they are so good at this is that they are professionals, they live the arts they coach, and have the highest standards for themselves and their students.



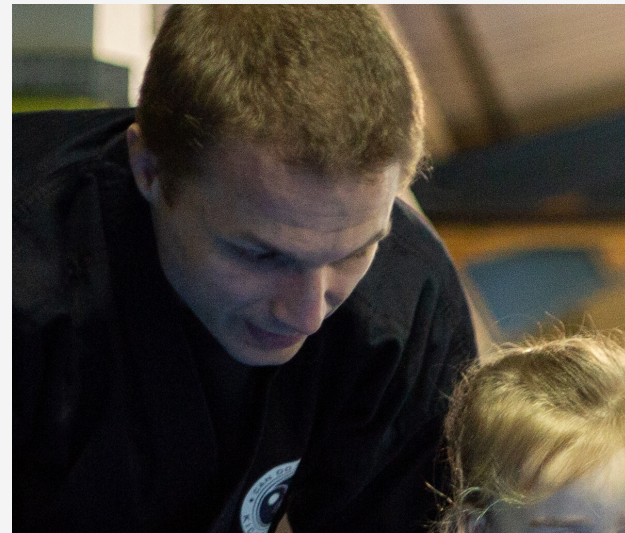


One of the martial arts we teach that everyone has heard of, is Karate. This art is all about undertaking a challenging journey of personal growth. Our passion for real Karate means our coaches travel to Japan to learn from the source. Many of our coaches have successfully competed at the highest levels too in order to ensure we are at the top of our game for you.

To become truly successful in any journey, immersing yourself in a new lifestyle is the most powerful approach. An underlying foundation of fitness for example is a great way to supercharge your results, and like everything we do at the Dojo, results for you matter, which is one of the many reasons we have the Training For Warriors 6 week challenge.

This is an incredible fitness programme founded in martial arts philosophy. As an example Karate uses belts as a way of assessing the start and end point of your journey, in our fitness transformation challenge we understand the value of this benchmarking method and apply a similar system . This means you will always start with a baseline body composition analysis and basic fitness tests so that we can map out your journey with assessment points. So you will always have a goal to reach and the motivation to stick with it.

When you get involved in learning martial arts you naturally start to set yourself personal goals. These targets are a fun way of developing your new skills and the act of passing your belt grades becomes a fun and exciting activity.



"AS YOU START LEARNING NEW MARTIAL ARTS SKILLS AND PROGRESSING THROUGH YOUR BELTS, YOU WILL START TO NOTICE THAT YOUR CONFIDENCE IN YOUR ABILITIES WILL INCREASE AND BECAUSE YOU ARE USING DIFFERENT MUSCLE GROUPS, YOUR BODY WILL START TO FEEL STRONGER AND FITTER AS WELL. MARTIAL ARTS STRENGTHENS YOUR CORE AS WELL AS ALL MUSCLE GROUPS, WHICH ULTIMATELY HELPS YOU HAVE MORE ENERGY IN YOUR DAILY ACTIVITIES."

As you move forward in your art, you are not measured against other people, but instead against a set of criteria. This makes it so much easier to achieve massive results in a shorter time period.

If you are a newcomer to martial arts, you may be intrigued by the unique etiquette of our Dojo.



There are certain customs in martial arts training that you will find fun to learn.

As an example, when you first walk in - you will be required to bow to the Dojo. This is an old custom of showing respect to the place where you will train.

This also creates a deep level of mutual respect between the student and coach. We are all traveling the martial arts path together, helping each other grow and evolve.

You will achieve skills to be proud of and have changed for the better in the process.

The first of the three martial arts that we teach is Karate.



"It's much easier to achieve a goal when you are not alone, and are surrounded by others who will hold you accountable and push you on. The dojo is a safe and unique place in its ability to provide you with highly motivated professional coaches, and an amazing martial arts programme that takes you on a journey from beginner to Black Belt."



This form of martial art is all about undertaking a challenging journey of personal growth, along the way you will make great friends, learn some amazing skills and develop your fitness and confidence to new heights.

Rather than turning up to a soulless Gym or empty hall, you will be part of a supportive and thriving community, and train in an art that has been practiced for centuries!

But I would say the real transformation comes from within, as you discover what you are truly capable of achieving. The real transformation comes from within, as you discover what you are truly capable of achieving. The friendships you will build along the way will play a big part in your success, and in turn you will become a role model to those around you leading the way for those following in your footsteps.

Situated in Abingdon

As parents we all know that it becomes challenging to find activities that the whole family will love, it also becomes difficult to ferry our kids to multiple different locations, especially with the time pressures at work, and let's not forget - the great british weather playing havoc with our roads!

This is why having a Dōjō that caters for the whole family, no matter the age and keeps everyone active all at once, makes all the difference. Also being so local with on site parking and access via local bus routes, it means we are very easy to get to.

The dojo has been established and supporting our local community for over 15 years, which means you're safe in the knowledge that things are done correctly here, and the results are always forthcoming.

This is a safe place to train, exercise and develop your knowledge, because you are led by a professional and full time coaching team.



Our business is highly reputable and built upon the values we teach such as, integrity, respect and reliability. We also believe in giving back to the community, that's why we provide free personal safety training for Women who live locally and we also work for free with the local schools. As part of your joining fee we make sure you have the correct insurance covers for piece of mind. Our coaches are all fully insured and hold a clean Enhanced DBS certificate which means you are in a safe environment and covered if anything was to happen.

We are an honorable and community minded business that gives you plenty of options to learn new skills, compete, take gradings or belt tests and learn self discipline whilst benchmarking your own skills. Helping you to learn more about yourself which in turn enhances your life outside by thinking differently and becoming stronger in body and mind.

By being a local business it also means we are here to stay, we have built up a great reputation and a strong foundation within the community. This means you can rely on us, as we genuinely care about our students and have a mutual bond of trust and respect with them.

The second martial art we teach is Brazilian Jiu Jitsu, if you are new to martial arts and maybe feeling a little scared then this is one for you to try because the focus is on subduing an opponent through locks and holds, rather than punching, kicking and blocking.

If you are coming from another martial art and have never tried this, it will compliment your knowledge perfectly. Brazilian Jiu Jitsu has become one of the world's fastest growing martial arts and will quickly develop effective skills that will amaze you in just a few weeks!

So whether you are a beginner or an advanced practitioner we have the right coaching and membership for you, to take you forward on your journey in martial arts. Every black belt had to start as a white belt, at the beginning. There was a time when I knew nothing, when the journey was unknown and the path lay unclear.

Just like thousands of people before you, you have the opportunity now to do something different, to take a step upon the path. Whether you are looking for a beginners course or class, a transformation or simply something to challenge you in a new way, you will find it at Can Do Martial Arts dojo.



A family focused business

The Dojo offers three very unique martial arts systems that can't be found in one place anywhere else, making it unique and important to the community.

Even if you have already experienced 'karate' in the past, you will find that we teach Karate in the same way you would learn in Japan. We feel that this is important because the system of Japanese karate has been tried and tested over the centuries, and it works! The Japanese are also still regarded as the most proficient and adept practitioners of the art in the world, and I believe learning the Japanese way ensures progress the right way.

I started my journey 32 years ago and have continued daily practice to become one of the highest ranked Sensei in JKS England, reaching my 5th Degree Black Belt in the summer of 2019 and being asked to become Assistant England Team Coach too.

Just like our karate when it comes to BJJ I want you to learn from the very best. Professor Kev Capel has been my instructor for over a decade and Professor Chris Fensom for over 3 years now, both of these amazing coaches were presented their Black Belts from Roger Gracie, 10x World Champion, arguably the greatest exponent of Jiu Jitsu ever! So we are confident that the experience our students receive here is second to none.





Whilst Bruce Lee is known as a movie Icon, it is less well known that he changed the face of martial arts forever with his concept Jeet Kune Do, or Jeet Kune Do - Can Do Martial Arts is the only academy in Oxfordshire to teach Bruce Lee's groundbreaking concepts on effective martial arts for the street, and better yet our coaches are qualified under Bruce Lee's protege Dan Inosanto, and the 'Godfather' of Jeet Kune Do in Europe Guro Bob Breen.

So it's not just about what you learn, but where you learn it, how you learn it and who you learn it from, that will really make a difference in your results and overall experience.

Martial Arts is something the whole family can do together. It's a powerful system for women and girls to learn to increase their self defence knowledge. Probably because I have 3 daughters, I feel it is our social responsibility to empower women locally and this is why we have provided free regular self-defence courses for over 2 years. We are now seeing more women winning competitions year on year as a result.

This is just another way the dojo has become a unique hub for everyone in the local community.



We have made sure that you can choose a martial art that best suits your own unique requirements and that's why we offer three amazing martial arts. Each are taught and practiced to the highest standards. So no matter your choice you will easily immerse yourself and produce amazing results. This is also a great way to get in shape, learn new values, and develop habits that will help you succeed at home and in the world around you.

We find that a lot of our family groups love learning together and end up creating memories that last forever. That's what joining a family focused community at Can Do Martial Arts Dojo is all about. We want your learning experience to be right for you and everyone in the family.

The third martial art we teach is called Jeet Kune Do (Jeet Kune Do). This martial art made Bruce Lee an international icon, responsible for changing the course of martial arts as we know it forever! Before Mixed Martial Arts (MMA?), before the UFC and before John Wick, there was Jeet Kune Do or Jeet Kune Do.



Despite Bruce Lee being facing both language barriers and racism he managed to become the first Asian international film superstar, creating one of the most talked about movies of all time - Enter The Dragon. Bruce Lee created the concept of Jeet Kune Do (or way of the Intercepting Fist) which he showcased in this iconic movie. Although Jeet Kune Do has no system, it borrows from any style or art needed to allow the practitioner to become effective in any environment or situation, adapting to one's opponent.

Being able to flow from one method to the next seamlessly is key in Jeet Kune Do, whilst an open mindset driven by self-expression is a core element too. Bruce Lee courageously broke away from both traditional practices and etiquettes creating a fluid formless form, and as he put it ...become water my friend...

Over the short time he was with us he taught some of Hollywood's greats such as Steve McQueen and James Coburn charging \$1000 an hour back in the 60's!



His most prominent student and training partner however was Dan Inosanto. Dan was an elite level athlete in high school and skilled in the Filipino Martial Arts and Kempo Karate when he met Bruce Lee. Recognising the skill and passion in him, Bruce Lee charged Dan with developing the system of Jeet Kune Do and to further its teachings when he left to produce movies in Hong Kong. Dan Inosanto has gone on to be recognised as one of the greatest exponents of martial arts the world has ever seen.

I have had the fortune of training with him both in the UK, and at his Dojo in Marina Del Ray, Los Angeles. Both myself and my team Jordan and Scott are direct students of Guro Dan Inosanto in the teachings of Bruce Lee. For me, one of the brilliant things about martial arts is that as you progress through your belt levels you will always know exactly what skill level you have reached and what you need to achieve next in order to progress.

Your skill levels are recognised by the belt you will wear, which represents the levels of grading you have attained. Generally the longer you stick at training, the higher your skill and grade levels become.

"Grading is a brilliant process as it brings out the competitor within you, and you learn to challenge your own self-belief and perception of what you can do."



Having an end target in mind to achieve a Black Belt ensures that you are constantly pushing your limits to new heights, so not only do you feel yourself getting highly skilled but you are rewarded for your efforts both externally with a belt and internally with the development of your self-esteem and confidence in your skills.

Socially martial arts is great. It's awesome being surrounded by passionate people who are interested in the same thing, and everyone has a story to tell you about their last grading or competition, or a great instructor they met.

Martial Arts really changes your life in a hugely positive way, creating a new circle of friends, opening your mind to new cultures and practices and imbuing you with vitality and great health and levels of self-esteem.

CHAPTER 2



—
HIGHLY
QUALIFIED
DEDICATE
COACHES
—

THE CAN DO
MARTIAL ARTS DOJO



One of the main differences of the Dojo is that we live what we teach. We are all professional coaches who are committed to the study of martial arts, and improving our coaching skills to make sure you have a unique experience.

We are the only dojo that has 3 qualified instructors in Bruce Lee's Jeet Kune Do, medal winning instructors in Karate who hold 5th and 4th Degree Black Belts recognised globally, and a Dojo with British Champions coaching the Brazilian Jiu Jitsu Programme too.

We pride ourselves on the quality and integrity of our coaching team, and the amazing results we provide to our students.



Learn Karate

When it comes to Karate it's not just a Sport. It's a Lifestyle. The value of training in this incredible art is huge, while many parents choose it for the improved concentration and creation of more orderly thinking in its students, many adults also desire the holistic health benefits too.

Karate is about defense not fighting. It's about developing a social mindedness and a sense of community.

If you're in Abingdon, karate training at the Can Do Martial Arts Dojo will give you the authentic Japanese martial arts experience, this is quite unique.

Karate' is great for fitness too. You'll go through a routine to loosen up and stretch out. You'll practice basics to increase your strength, do acrobatic moves in kata, which will help improve your agility and dynamic movement skills.

You'll also practice kumite (sparring) to give you spacial awareness and reaction skills whilst getting you into better shape, and of course while you sweat, you will be eliminating toxins and burning fat. It's hard not to like karate practice!



SO A BRIEF HISTORY OF KARATE WOULD GO SOMETHING LIKE THIS - IT'S A JAPANESE SYSTEM OF HEALTH AND EXERCISE, THAT FOCUSES ON THE ASPECT OF SELF DEFENCE AND CHARACTER DEVELOPMENT, TRADITIONALLY TAUGHT IN A DOJO.

I have studied Karate for over 32 years now, I'm what people call a Sensei or teacher and a 5th degree black belt. The journey I have had has been fantastic so far, challenging all the way but it has defined my life's direction. Karate is an art that utilises blocking, striking and foot sweeps as its primary techniques. It can make you more flexible, stronger, faster, more focussed, confident and coordinated. It certainly gives you an appreciation for the value of respect, discipline and persistence, and facing your fears.

I am always excited to see new students enter our dojo with high hopes and expectations for their karate journey to come, and it is my privilege to be able to guide them on their way.

We offer Karate as one of our choices because it's a well recognised self defence that everyone seems to ask about. What we find interesting is that once new students find out more about our other martial art forms, they love to explore them as well. Either way martial arts helps to increased self belief and confidence. It's accessible to anyone and for anyone wanting something positive and different in their life.

Martial arts is also a brilliant way to get fit, healthy and learn skills that keep you safe.

You will achieve the skills to be proud of and have changed who you are in the process for the better.

Karate is all about undertaking a challenging journey of personal growth, and along the way you will make great friends, learn some amazing skills and develop your fitness and confidence to new heights.

Rather than turning up to a soulless Gym, you can be part of a supportive and thriving community, and train in an art that has been practiced for centuries, that will strengthen your body, mind and spirit!



Learn Brazilian Jiu Jitsu



Although, if you are looking for an effective self defence system, but don't really want to risk being accidentally punched and kicked while practicing, then Brazilian Jiu Jitsu is for you!

Like all the arts we teach in our dojo, Brazilian Jiu Jitsu offers you the chance to grow in confidence, improve your fitness and strength and learn some practical self-defence skills. Brazilian Jiu Jitsu is traditionally practiced in a Dōjō, and Can Do you will be able to experience this whilst you receive regular instruction from Black Belt coaches.

Brazilian Jiu Jitsu is the chance to do something different in your life, it has been proven for its effectiveness against striking arts in events such as the (Ultimate Fighting Championships) and has been used by both the military and police as part of their training programmes.

Unlike many traditional arts though Brazilian Jiu Jitsu has an easy going pace and offers a more relaxed environment in which to learn and grow. This approach seems to offer something unique that students relish, and it certainly creates a most welcoming training environment.

The culture in Brazilian Jiu Jitsu is extremely supportive and tight knit, so you will instantly feel like one of the team, and the dojo will quickly become your home from home.

This means if your choice becomes Brazilian Jiu Jitsu you know that it's a relaxed martial art that has no striking. Instead you will be learning new skills that are focused on overpowering larger opponents via mechanical leveraging.

This is an amazing form of martial art that actually uses the opponent's sense of stability against them, allowing you to overcome their strength. This martial arts has a very interesting history and you will get to learn all about it as you delve deeper into your learning. Ultimately, this is a more relaxed way to get into martial arts and enjoy increased fitness, whilst learning skills to keep you safe.

You will quickly develop effective skills that will amaze you in just a few weeks! Whatever your reasons for wanting to learn martial arts, we will help you along this new journey to achieve amazing results. Whether you are a beginner or an advanced student we have the right coaching support and membership for you, I'd urge you to book your free trial today.

Learn Jeet Kune Do



When it comes to Jeet Kune Do, Bruce Lee's visionary concept of martial arts, is rooted in the desire to create the most effective self defence for the street. It is also a vehicle for self-expression, allowing you to bring your personality to the forefront, and create what is uniquely your own approach, that works for you.

The legacy he left behind is a colossal following of students who have turned away from the traditional forms and systems found around the world, and invested their study in to "The Way of The Intercepting Fist" better known as Jeet Kune Do, or Jeet Kune Do.

"Bruce Lee was an incredible human being, he overcame language barriers, cultural differences, martial arts etiquette laws and racism to change the face of Martial Arts forever. In the process he wrote profound books on philosophy and became the first Asian movie star in the Western world with his smash hit "Enter The Dragon"."



Jeet Kune Do is “the cool art”. Bruce Lee was as much at home training in his maroon cords and Asic Tigers, as he was in traditional chinese dress. His classes were open to anyone, and many Hollywood greats, and icons of the time wanted to train with Bruce and learn his way.

Among the many benefits of training in this is increased physical capabilities. Jeet Kune Do is famous for its focus on physical and mental attribute development, so if you’re fitter and stronger than your opponent, and you can adapt to their skills you will be able to overcome them!

Wouldn’t you like increased coordination, self belief and confidence whilst developing your fitness transforming your body and mind?

Jeet Kune Do like all the arts we teach at the Dojo has a very strong and supportive community and the people you train alongside will share in your goals and aspirations you have for yourself, they will encourage you and hold you accountable to turn up and achieve.

Our Jeet Kune Do classes are taught by qualified coaches directly from Bruce Lee's lineage, I think that's pretty cool! And this is very unique and ensures that only the best guidance is given to our students.

Jeet Kune Do is accessible to anyone, you don't need to be a certain type of person or have anything other than a desire to learn. I know that being at our dojo will only enrich your experience and increase your motivation to train in this art.

You'll become part of the coolest martial art out there, built on the visionary legacy of Bruce Lee.

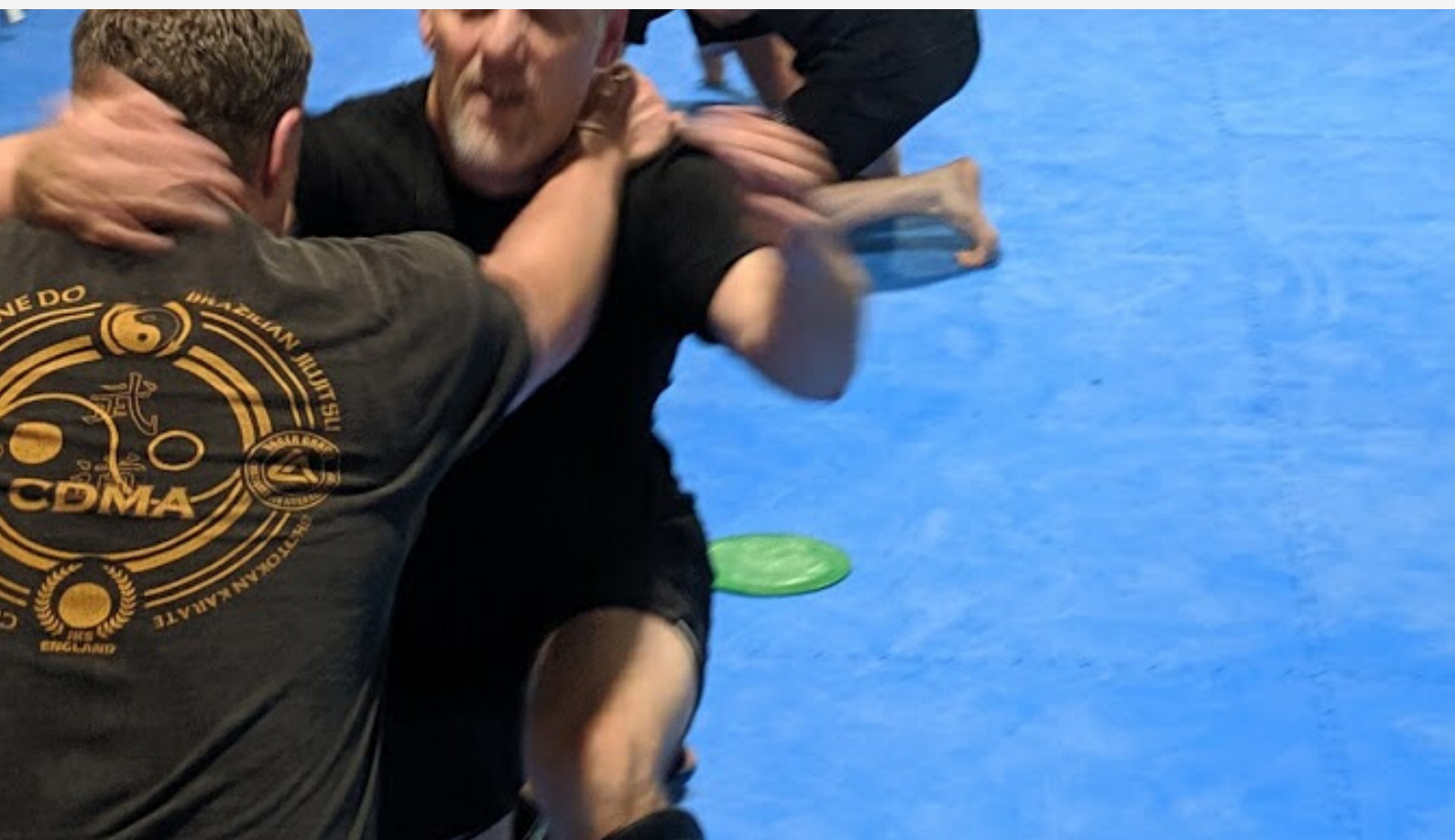
Jeet Kune Do is recognised for its focus on attribute development, ensuring you grow in both functional fitness and mental fortitude, better preparing you for the challenges life throws at you.

Jeet Kune Do is fun, and has an amazingly supportive community of like minded people enriching your experience at our unique dojo. This is a unique opportunity to learn Bruce Lee's functional self-defence art. At the dojo it is taught by qualified coaches, under Guro Dan Inosanto, Bruce Lee's protege and training partner. With direct lineage from Bruce Lee to your coach you are sure to have the very best experience in learning this art at the Dojo.

What can Jeet Kune Do offer you?

Well as you progress in Jeet Kune Do both your confidence in your ability to defend yourself or family will dramatically improve, and you will note remarkable gains in both your fitness and self esteem, it's really about becoming the best version of yourself as you start to produce real results you can feel and believe in.

Jeet Kune Do has a very open and less traditional approach to teaching creates a great learning environment, we want you to be engaged when you train! It also has a varied array of training methods and arts which ensures you will never get bored, just hungrier to learn more. If change towards a more positive and physically cable you is what you are looking for, the dojo is the place to come and Jeet Kune Do is what you're looking for.





I'd like to invite you to try out the amazing world of Jeet Kune Do and the array of martial arts we have at the dojo, so please, take a free class on me.

You'll get to experience the family atmosphere, the welcoming community, learn alongside local people who are on the same mission as you and will support you as you go.

When you decide to stay you will quickly feel a shift in your self confidence, a change in your physical capabilities and a sense of determination to succeed. You'll also start to feel and look fitter, and you may decide you want to supercharge these results using our "Training For Warriors" fitness system which will give you lasting knowledge to benefit your life for the long term. I think creating a lifestyle that empowers you, educates you and can change you both mentally and physically is an amazing investment to make in yourself and one you truly deserve.

CHAPTER 3



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SELF-DEFENCE
THAT GETS
YOU FIT

—

THE CAN DO
MARTIAL ARTS DOJO

The Dojo is a unique and powerfully positive place where you can easily learn martial arts, increase your fitness and learn how to protect yourself with your new skills. Over the years the Dojo has created an environment where students feel welcomed, comfortable, and motivated to achieve amazing transformations. Our instructors will encourage and support you along the way no matter what stage you are at.

Whether it's developing new skills, feeling more empowered, building up your general fitness, weight loss, being part of the community, improving your general health, developing the skills to be able to defend yourself - or just doing something different with the family - then this is the perfect place to do it all...





Join in with our Motivated Community

Being part of a group of like minded people ensures you have the support you need to reach your goals.

When you are part of a community you are also accountable to them, so turning up to train is easier as you have others around you who want you to be there and who are there to support you when times get tough.

We all know that motivation is fleeting, but being committed to your friends and the arts you are learning together makes the learning process last and achievement attainment real.

We want you to achieve your goals so we have made our memberships more flexible and put support systems in place to keep you engaged.

We have created a family community in the dojo which means you are treated with kindness, fairness, respect and enthusiasm, it's not just about the classes you take but the friends you make along the way that make the difference between success and failure. In our dojo you are treated as an equal, it is a safe place, dedicated to the advancement of your knowledge and skills.

I built this business upon strong ethical values I believe in, the principles of honesty and integrity being at the forefront.

I also wanted the dojo to have an elite coaching team which has led us to become recognised as a positive force in the local community, and place of refuge for those seeking a better way.

We want to help you turn your motivation into results when you join the dojo. That's why our coaches will always be there for you, making sure you feel safe and continue to develop new confidence in yourself and your capabilities.





So please feel free to join our family focussed business and become part of something that is a source of positivity and hope with your local community.

I want you to experience an amazing journey, where you are supported every step of the way. I want you to experience real and lasting change because you are part of something greater than yourself and see the results that the dojo has produced for others time and time again.

You will realise they too started with that first step onto the mats, with a white belt around their waist, full of questions and doubt, but ultimately achieved more than they could have dreamed.

So feel free to contact us and ask any questions you may have. At the Dojo we have you covered, if you want to walk in and try something, you will find a warm welcome and a free trial class of your choosing, you can start your membership with us straight away or join one of our progressive beginners courses.

If you already train or just want to jump right in, our periodic workshops will give you a new focus and inspire you to learn more, giving you an experience of what being a martial arts member is all about.



As I mentioned before the journey in martial arts is one of transformation. One of the most powerful ways to transform is through fitness. Uniquely at the Dojo you'll find a holistic approach to this that will take you from "beginner to black belt", as you shred pounds of fat and add kilogrammes of lean muscle to your frame.

We run the incredible Training for Warriors 6 week challenge, this is a proven results based system, that will give you the confidence to pursue your goals as you find out what you're truly capable of, and we run these challenges on a regular basis so that you can join when you are ready.

I am a family man, I am also a businessman, I understand the challenges that you face with your time and commitments, so I have created a flexible membership structure to help you engage with us and create a training routine that works for you, to find out more book a free trial with us today.

Different membership levels for everyone

So if you are a beginner and unsure what you want to do or where to start - your choice is simple - just come into the Dojo and ask for me, Ben, and I will explain everything as we walk around the Dojo...

If you are just looking for Transformation - that could be weight loss or improve your body shape to ultimately gain more confidence and feel more energetic - then come in and I can show you what we do in the 6 week challenge and how we use the baseline body composition analysis and fitness testing - I know this will make your decision much easier.

If you know that you want to either start or continue to learn Martial Arts then come in and let us show you what we do so we can help you decide on the best choice for you and your lifestyle. Come visit us and let's get you started.





At the dojo we invite you to try a free session with us, our unique memberships don't lock you in and will provide you with the flexibility you need.

The best way to get started is simply come in and meet the team - you'll find us both friendly and welcoming. Obviously if you prefer to send us an email with your questions or just want to talk on the phone then do so.

Either way, let's talk and let's get you started...

We all look forward to seeing you soon.

Here's our Address:

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Phone: 01235 364 370

Online: www.candomartialarts.co.uk

Email: office@candomartialarts.co.uk

www.candomartialarts.co.uk



Join Our Family Today!

Why not start a life changing journey with your family today?

Whether you want to learn a martial art, feel stronger, fitter and more positive with our Training For Warriors program, or want to explore Pilates within our Wellness Program, there has never been a better time to start.

Simply drop into our dojo, contact us, or request more information.

We love what we do, so come along and be part of it!

Contact Us

The Walkthrough

VIDEO SERIES

I've put together a short video series where I'll walk you through the DOJO and show you exactly what to expect:

Video 1 : The Introduction

This is where I walk through the Dojo and give you the unique immersive learning environment.

Video 2 : Karate

This is where I walk through the Dojo and give you the unique immersive learning environment.

Video 3 : Brazilian Jiu Jitsu

This is where I walk through the Dojo and give you the unique immersive learning environment.

Video 4 : Jeet Kune Do

This is where I walk through the Dojo and give you the unique immersive learning environment.

Video 5 : Training For Warriors

This is where I walk you through the TFW programme that is a lifestyle approach to health and fitness.

Video 6 : The What Now?

This is where I explain how easy it is to get started and achieve amazing results.

Click To Watch

We have everything under one roof - (Dojo)

And we have made it affordable...

And we have made it easy and fast to start...

You will have a flexible approach to membership with no lock in periods...And we have created a community that gets you achieving results...

We have everything in one place to meet your needs, so there's nothing stopping you from starting.

Click here to start:

Click To Join

Contact us today...

Book a free 1-2-1 strategy session to discuss your goals and your free trial session...

Testimonials:

Don't just listen to us - look at what our students say:

Valentina "My biggest struggle was thinking that I was never going to try something like TFW just because it seemed to be a world very far from myself...I guess the old "myself" now, But then obviously my excuses: I've got 2 kids, a job, house, homework, husband...where do I find the time to take care of my body, of my diet and my mind? I met new people and most of them are truly friends now, I'm more confident and got self esteem, I gave up smoking almost one year ago and simply because I could not sprinting as all my mates I wished I would have stopped before,I gained more muscle mass thanks to lifting weight constantly and changed most of my old eating habits."

Sam "My training lacked was consistency. I was regularly going to the gym but had very little direction on what I wanted to accomplish or why I was going, other than attempting to keep 'in shape". At Can Do Martial Arts, more than anywhere else I have trained, there has always been one eye that is kept on progression. The persistence in training, ability to overcome obstacles and having an adaptable approach to my training and learning, have been competencies which I have transposed over into both my personal and business life. These have proven to be valuable lessons and are evidence that the rewards gained through training have gone beyond my initial expectations. I like to understand what I do and why I do it and as such I like to ask questions. I like to train with people who feel the same way. Whenever I have asked questions of the CDMA team they have always provided an informed answer. There is a reason to the training other than just working hard and I have not seen this understanding in other organisations. "

Darran "I was gaining weight really fast and I had no energy all the time. I was out of breath doing simple things I took for granted before. I was unhappy with the way I looked so comfort ate even more. I have lost 4 stone since I joined TFW. I have made a lot of good friends and have received valuable advice that was really practical and easy to follow. I feel much fitter much better. I have regained my self confidence I have loads of energy now. I know my coaches always have time for me if I needed to talk to them. TFW has a family feel where everyone is free to work at there own pace and is fully supported by the coaches and other members. It really motivates you to keep going even when you think you can't. You want to keep going as you are invested in everyone else's tourney as well as your own. It isn't a place for poser's doing curls in the mirror or gym heads doing stupid weights. It is a place for real change in the most positive way. It changes the way you think and feel as well as your health and wellbeing."

Sean "Some of the struggles I faced before I came to CDMA were a complete lack of motivation and drive". I contacted CDMA because I fancied a change up in my training routine and to try some new experiences in the form of martial arts. The results I've gained since training at CDMA are not only improved physical fitness but also better mental well being. In the past year or so I've taken a lot away from training at CDMA and am thoroughly grateful for it as well. The things for me that separate CDMA from other gyms I've been involved with is the support from all the coaching team, they are all very friendly and focused on helping you improve. There are no egos involved which help you progress quicker and completely removes any fear of training at a dojo.

Leanne "After my initial chat with V I felt so empowered I realised that they really cared about me reaching my goals. I had already made changes to our family diet and as much as my husband was doing it with me this was for me and about me, I do matter and it was about time I realised that. I remember I felt so nervous on my first session but very quickly them fears went away. Not only the coaches supporting you to get the exercise right but all the members it really is a family I've joined. I've learnt why you do different exercises and what that does to make you more healthy and stronger. I've had the most amazing results already and already feeling brilliant for it. I have more energy I'm burning body fat, I'm building muscle but more than anything I love it! I already have more confidence in myself. My results are amazing but my journey has just started. If I can do it, you can too."