

## **Unique Opportunity of a Master Class**

### **With Jun Shihan Roger Thyer-Jones, 6<sup>th</sup> Dan.**

Jun Shihan Roger Thyer-Jones is a 6<sup>th</sup> Degree Black Belt who graded and has regularly trained under the renowned martial artist and Hall of Fame instructor, Kaicho T Nakamura, 9<sup>th</sup> Degree Black belt.

Roger has taught students all over the world including the USA, New Zealand, Germany, Poland, Jamaica. He is head of the UK World Seido Karate Organisation. He is also a registered instructor with the British Combat Association and has a particular interest in Combative training. His foundation was judo but he has trained in many disciplines, won weapons competitions and recently reached the quarter finals in the WSKO men's middle heavy weight division in Japan even at the age of 60 which he entered "for a bit of fun." He has attended many seminars on his special interests and produced articles for magazines.

His background, however, goes well beyond martial arts. He worked as a diplomat in Jamaica and was one of the founder members of the immigration intelligence unit to fight immigration related organised crime working in many countries. He also worked closely with both the security & intelligence agencies on a number of projects. His study of Neuro-Linguistic Programming (NLP) and the use of language for self defence underpins his approach to self protection. He has real experience of dealing with violence and the threat of violence.

Remember that already you have all been through some tough times and survived them well. This course is for the beginner and the expert. Some of you will already have a lot of knowledge of the subjects. For some the course concepts will reinforce what you already know but give you time to sit back and consider the implications of what you do.

For others there will be new perspectives and you will explore ways of adding power and building confidence in what you do.

You will, however, all be challenged as there is no chance of growth without challenge. For all of you there will be the opportunity to meet and share experience with a wide range of students from different background and with different skills.

#### ***The Content***

The aim will be to build up your self protection, motivation and life skills. This course is not just about making you a better fighter. If you are naturally aggressive then the course will help you find your balance. If you need confidence then the course will help establish a firm foundation for you. Learn to master your own emotions. Change unwanted behaviours. Discover your true potential.

We will cover many topics but only focus on what REALLY WORKS. This includes controlling your personal space (known as "The Fence" and developed by Geoff Thompson); using your body as a weapon; understanding and managing fear; standing controls and dealing with going to ground. Combat throws that work under pressure and foundation breakfalls.

**Dealing with stress and pressure** testing your ability to do so in live situations. We will also look at **Verbal Self Defence** which is a topic seldom covered. Most of us are under verbal attack everyday but seldom realise it. We will look at how to recognize it and how to deal with it.

Some **parts of Neuro Linguistic Programming (NLP)** are really helpful to your development and we will use these tools as well.

All these **topics come together** to make you more **confident both physically and mentally** to deal with the challenges of your life and most importantly, to personally grow. The course is **relaxed** and **informal**. You have **nothing to prove**. You just need to keep your **mind open and learn**.

The class will be **no more than 20 students** and is expected to fill very quickly. Applicants will be taken on a **first come first served basis**. You will be **expected to attend EVERY session** as well as carry out **home study**. This is **not easy** and your commitment starts when you complete the application form. ***Be prepared to keep your mind open and learn.***

### ***Venue & Timings***

Starts Saturday 17<sup>th</sup> April 2.30 to 4.30 pm  
(5 sessions last one 5.30 pm.)  
Fitness First Gym  
Gateway House, High Wycombe Retail Park  
London Road  
HP11 1FY  
***Access the Fitness First High Wycombe website for travel details***

### **Cost**

£150. (£50 deposit to secure your place immediately)

Download an application form from the [www.seido.org.uk](http://www.seido.org.uk) website or ring **01494 565341** to ask for one to be sent to you. Return the form and your deposit to: **Master Class, Pine Grove, The Chantry, Hughenden Valley, High Wycombe, Bucks, HP14 4LT.**

### ***Certificate***

Applicants who successfully complete the course will be awarded a Level 1 Foundation Certificate in Self Protection, signed by Roger Thyer-Jones.

### ***How to Apply***

Application forms can be downloaded on the Seido karate website at: [www.seido.org.uk](http://www.seido.org.uk)

Deposits (or full payment of £150) will be taken by cheque or BACS transfer (ring for details). Your deposit is non-refundable. You must be 16 or older to do the course. If you need more information then do ring Roger on 01494 565341 or e-mail him at: [kyoshi@seido.org.uk](mailto:kyoshi@seido.org.uk)

***Remember: there is no growth without difficulty***

***Challenge yourself. Begin the journey.***