

JKD*is*ABILITY



Ricardo Vargas has spent years working with students with a range of disabilities, helping them to overcome personal challenges and achieve greater mobility, improved self-confidence, and greater focus in other areas of their lives.

*Tyson is not wheelchair bounded but leveraged. "Practice makes progress" is his mantra!

Jeet Kune Do Legacy Academy offers barrier-free individualized/group training programs for people with physical, intellectual, and psycho-social disabilities.

We offer our clients an amazing opportunity for *innovative community participation in* martial arts activities that are fun, get them fit and help them to make new friends at the same time they achieve balance of body, mind and spirit!



JKD LEGACY
ACADEMY



*This is Jake. A young gentleman who experiences autism and loves to train with us. Our training approach is helping him with his mental health, he says.

I BELIEVE IN MARTIAL ARTS! HERE IS WHY!

The worldwide popularity of martial arts and its endurance for over twenty centuries is due to the intangible benefits acquired by martial arts students.

Through martial arts training, an individual can achieve all the following:

The longer the students practice martial arts, the more pro-social they become.

Martial arts training promotes peace makers! The more an individual train, the less violent they become. It is all about the development of self-knowledge to achieve self-control.

It is extensively demonstrated that there are strong links between martial arts training and increased confidence and school grades, alongside the more obvious improvements in health and fitness. To be more specific, here are some key traits of our martial arts approach:

- We promote physical and moral virtues. Our students are strong and skilled, but also prudent, patient, temperate and generous.
- Our workouts, breathing drills and meditation take physical energy and sublimate it into restraint and grace instead of mere brutality.
- Our ethical principles encourage reflection and make one's social duties and responsibilities clear.
- Training can reveal one's physical limitations and build humility alongside resilience; it allows one to better understand one's own emotions as fear and rage, just to mention some.

I AM RICARDO VARGAS, YOUR INSTRUCTOR



Colombian born RICARDO VARGAS is a Second-Generation Student of the Legendary Bruce Lee and holds the Full Instructor Rank in JEET KUNE DO. Vargas also holds a bachelor's degree in philosophy with significant experience working in education at university levels and more than four years working in the community services industry as support worker for people with disabilities with government and private companies.

As a Martial Arts Instructor, in 2013, Vargas was awarded with the United States Martial Arts Hall of Fame, *Outstanding Martial Artist of the Year*, under the International Martial Arts Council of America.

With over 20 years practicing and teaching Martial Arts added to his academic and professional background, Vargas has developed his own holistic approach in seeking harmony of body, mind, and spirit. The amazing health benefits that Vargas' students and corporate clients are obtaining from his mentoring have been featured several times in Colombian and Australian media:



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THIS IS MY APPROACH, AND IT WORKS!

"There is an intimate and necessary relation between the process of actual experience and education."
~ John Dewey, 1938

Experiential learning is referred to learning through action, learning by doing, learning through experience, and learning through discovery and exploration.

Experiential learning is a philosophy and methodology in which educators purposefully engage with students through direct experience and focused reflection; this is to increase knowledge, develop skills and promote values.

Each training session is run for one hour. The first 5 minutes consists of warming up and the focus is on joint mobility, followed by what we call the fitness challenge, which is another 20 minutes of gentle strength activity. After that, we incorporate a period of 20 minutes of martial arts drills utilizing a range of training equipment; balance, coordination and focus are the aim of this training. Then we devote 5 minutes for the cool down period, which involves stretching and breathing exercises. Finally, we use the last 10 minutes to engage participants with different activities, focusing on both individual and team development, (using a wide variety of props and educational materials). This is to have significant experiences developing positive virtues and life skills that we actively promote throughout our programs. We finish the session with a brief debrief to provide individuals an opportunity to share their learning, both on a personal and social/community base.

One on One Training

60 minutes of fun, fitness conditioning and the best martial arts techniques.

Booking for private training by appointment.

I am happy to train you at my studio or travel to your place. (I have been training some amazing guys in Adelaide and Canberra.)

Fee \$85 per session

CONTACT ME

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**"Do not fear failure. In great attempts,
it is glorious even to fail."**

Bruce Lee