

Shorin-Ryu Karate
Toy Gar Kung Fu
Ju-Jitsu
Judo
Kobudo Weapons

Member:
Universal Martial Arts
Association

Academy of Traditional Martial Arts

Self-Defense

Stength

Confidence

Fitness

*Martial Arts Training
and Self Defense
for Everyone*



*118 W Main Street
(SR 113)
South Amherst, Ohio
44001
440-986-2862*

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Shihan Mark Day began training in Martial Arts in 1985 under Master Al Fuzy at the Ohio Ji Do Kwon. From 1987 to 1991 he trained and became an Instructor at Tracy's Martial Arts Studio under Sensei Ken Ortner . He trained in Chinese Kenpo , American Kenpo and Bando. From 1991 to 1994 he was a Student and Instructor at the Okinawan Budo Kai School under Master Herman Gonzales. He trained in Okinawan Karate , Judo and Ju Jitsu earning Shodan Rank. From 1994 to 2001 he was a student under Shihan Joe Panaccione. He trained in Shorin Ryu Karate and Southern Chinese Boxing (Toy-Gar Kung Fu - currently 5th degree red sash/Sifu) earning Shodan Rank in 1997. Since 1994 he has been a Student under Shihan Will Duncan training in Shorin Ryu Karate and Toy-Gar Kung Fu earning Nidan Rank in 1999, Sandan Rank in 2001, Yondan rank in 2004 and Godan in 2006. From 2000 to now Sensei has been a student under Shihan Chuck Zivkovic training in Shorin Ryu Karate and Escrima. Since 2001, Shihan Mark has been a student under O'Sensei Philip S. Porter. Training in Ju Jitsu and Judo. He earned the title of Shihan (Master) in 2006. Recently he began training in Hung Gar Gung Fu under Master Bruce Ledger. He also trains in and teaches weapons including Bo, Sai, Spear, Escrima Stick and Broad Sword.

Shihan/Sifu Mark Day

U.S. Martial Arts Hall of Fame

The Academy of Traditional Martial Arts is dedicated to using traditional methods of training, discipline, and respect in order to build a strong mind as well as a strong body. Some of the benefits of martial arts are Peace of Mind, Strength of Spirit, Control of Your Life, Dealing with Stress, Teamwork and Community Spirit, Self-Defense, Patience and Confidence, Flexibility and Fitness, Improved Concentration, Planning and Leadership Skills, and Much much more.

If Martial Arts or self-defense interests you, please feel free to visit us. Talk to our instructors. Watch a class. See our students at work.

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Sensei_Mark_2000@yahoo.com