

Shorin-Ryu Karate

Toy Gar Kung Fu

Ju-Jitsu

Judo

Kobudo Weapons

**Internet Predator
Defense**

Self-Defense

Stength

Confidence

Fitness

Member:

**Universal Martial Arts
Association**

Academy of Traditional Martial Arts

**Martial Arts Training and
Self Defense for Everyone**

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Shihan Mark Day began his MMA training in 1983 as a wrestler. He 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 Ortnier . 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. He earned the rank of Rokudan and his 6th degree in Toy-Gar Kung Fu in 2010. 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**

**International Karate and
Kickboxing Hall of Fame**

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.

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.

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