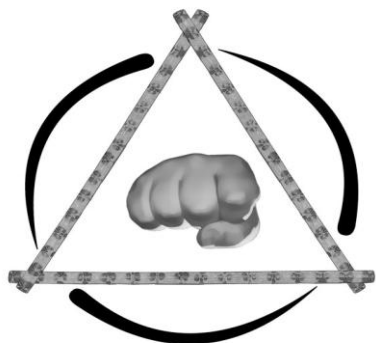


# **Eclectic Martial Arts Alfred State College**



**Self-Defense Seminars &  
Workshops  
Health and Fitness Seminars  
Assault Prevention &  
Awareness  
Filipino Method of Stick Self-  
Defense**

**Alfred State College  
Alfred, N.Y. 14802  
Phone: 607-587-9356  
kellogm@alfredstate.edu  
Website: eclecticmartialarts.club**

## **The Karate & Modern Arnis Program**

Operates on the State University campus, with emphasis on mind and body conditioning, self-defense, and sport karate. Considered a style of many styles, the open approach of the karate system, offers a community atmosphere for all levels of experience and martial arts background. Instruction is provided in a safe and healthy environment, where a student will learn karate techniques that are first simple and easy to learn and then gradually becoming more advanced as the student's abilities are developed. Achievement in karate belt color is determined at a rate selected by the student. Instruction will focus on the physical principles of karate movement, blocking, striking and kicking. The application of these basic karate movements will be learned in self-defense, sparring, and kata situations.

Shihan Marion Kellogg, instructor and advisor holds a 5<sup>th</sup> Degree Black Belt in Karate; 3<sup>rd</sup> Degree Black Belt in Hakkoryu Jujitsu; 2<sup>nd</sup> Degree Black Belt in Taekwondo Do; 1<sup>st</sup> Degree Black Belt in Modern Arnis and 1<sup>st</sup> Degree Black Belt in Iai (sword). She has been training in the martial arts for over 30 years, with twenty-five years teaching experience. She is a member of the National Women's Martial Arts Federation and the Association of Women Martial Arts Instructors.

## **CLASSES**

Classes are held on Tuesday and Thursday evenings from 5:00 p.m. to 7:00p.m. **Classes are free to all Alfred State College students, paid by the Student Activities Fee.**

## **ADVANCE (CLUB) CLASSES**

All students with more than 12 weeks experience are welcome to attend the advance (club) classes.

## **SELF-DEFENSE TRAINING**

The specialized self defense program is geared toward overall personal safety and provides instructional tips and information on how to deal with a number of situations which might arise at home, at the workplace, and while traveling; including: personal safety behaviors, legal issues, hands-on practice. The general program may also be customized to fit the needs of specific groups such as dorms, women's groups, etc. The time may vary according the needs of the group from 1 hour to 3 hours.