

VIA POTENTIA



What is Via Potentia?

Via Potentia is *modern self defense training*. It is built upon a deep respect for human life, an emphasis on individual responsibility and traditional ethics. It includes carefully researched personal conditioning, proven life saving skills, conventional weapons, and many of the best and most enjoyable things about martial arts (while sifting out the junk).

We invite you to try Via Potentia to see if it is right for you. Come and watch a few classes, or come to our monthly free self defense seminar.

When and where are classes held?

All classes are held in our 3600 square foot gym at 608 NE Hwy 99W in McMinnville, OR.

FREE SELF DEFENSE SEMINAR is held on the last Friday of every month from 6:00 to 9:00 PM. No pre-registration is necessary, but it is first-come, first-served and space is limited. Wear comfortable clothing. We strongly recommend that you take this class before signing up for regular classes. Ages 7 and up may attend. Anyone under 13 must be accompanied by an adult participant.

Current Class Schedule					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:30 - 5:00 PM	VP for Kids/Youth	---	VP for Kids/Youth	---	---
6:30 - 8:00 PM	VP for Adults and Families	Tae Kwon Do	VP for Adults and Families	Tae Kwon Do	6:00 - 9:00 PM Open Gym and Friday Seminars

ADULT AND FAMILY CLASS is held on Monday and Wednesday evenings from 6:30 to 7:30 PM; advanced topics are (optionally) taught from 7:30 to 8:00. This is our complete self defense and martial arts curriculum. Ages 7 and up may attend. Anyone under 13 must be accompanied by an adult participant.

AFTER-SCHOOL CLASS, intended primarily for children and youth ages 7 to 18, is held on Monday and Wednesday from 3:30 to 5:00 PM (adult family members may attend, too). This is our complete curriculum with some elements removed or adapted due to the age and maturity of the participants.

OPEN GYM is every Friday from 6:00 to 9:00 PM. It is open to any current student. When there is sufficient interest, alternative public seminars are offered at the same time. These include the free introductory seminar and:

CPR, offered on the first Friday of each month from 6:00 to 9:00 PM. CPR training is for adults only. *

FIRST AID, offered on the second Friday of each month from 6:00 to 9:00 PM. It is intended for ages 12 and up. *

GUN SAFETY, offered on the third Friday of each month from 6:00 to 9:00 PM. Gun safety training is for adults only. **

How much does it cost?

Individual tuition is \$180 per three month term. Additional family members may attend at half price. Friday seminars on First Aid, CPR or Gun Safety are free to those who have paid tuition, or \$75 per person for the general public.

Remember, unlike many martial arts programs, we do not have belt test fees, or other hidden, surprise costs.

Do you offer free classes?

Yes. In addition to the free self defense seminar, beginners may attend the first two weeks of classes without obligation. Payment is only required if you continue attending beyond the first two weeks.

Do you do sparring or grappling?

We practice no-contact, contact, grappling and weapons sparring, depending on the skill level and safety equipment of the participants. Contact sparring is optional, and is segregated by size/weight. Contact sparring safety gear is available for those who wish to purchase it, or they may provide their own.

Grappling is generally segregated by gender. Beginners learn basic ground drills, escapes, movement and positioning. Intermediate students learn throws and take downs. Advanced students learn joint locks and submissions.

Do you teach weapons?

We teach basic stick skills as part of our regular curriculum. Stick sizes range from (very) short sticks through cane length. We do not teach obscure weapons common to many martial arts, weapons that are illegal to carry or are simply never going to be encountered in the real world.

We teach other self defense weapons – tazers, stun guns, knives and handguns – to adults only after the adult/family classes on Mondays and Wednesdays. Gun safety is also taught on the third Friday of each month (and by appointment).

* Red Cross certification is available. Pre-registration is required.

** NRA certification is available. Class meets the safety training requirement for most concealed carry permits. Pre-registration is required.

What ethics do you promote?

Our ethics are rooted in western moral philosophy dating back nearly 2000 years and are compatible with most authentic religions. The specific philosophical school is called natural law. We emphasize personal responsibility, subsidiarity and respect for human life. The specific ethics are:

Humanitas: Uphold the dignity of innocent human life.

Profundo: Pour out your life for a great good.

Perfectum (perfection): Do your best at all times.

Temperantia (temperance): Exercise moderation and balance.

Iustitia (justice): Give others what is owed to them.

Prudentia (prudence): Cultivate wisdom, good judgment.

Fortitudo (fortitude): Be courageous and endure hardships.

What about uniforms, belts and tests?

Uniforms are available, but are not required for the first year. We do not charge for rank examinations, and we do not use colored belts to indicate rank.

Why is there Tae Kwon Do on the class schedule?

We make our facilities available to others on a limited basis. Ed and April Carothers teach Tae Kwon Do here on Tuesday and Thursday evenings. If you have questions about their classes, you can reach them at carotherstkd@comcast.net.

I already have experience in another martial art. Can I transfer in?

Yes. You will find that many skills you learned in your other martial art are probably beneficial here. In fact, we have no objection if you want to study another martial art while you are also doing this one.

Hey! I have more questions!

We do way too many things to describe on this flier. Please come to one of our free self defense workshops, or see our web site at <http://www.viapotentia.org/> for more information. You can also e-mail your question to director@viapotentia.org.

“Which martial art is best *for me*?”

This question is as old as the martial arts themselves, and is asked (or at least contemplated) by almost every student at one time or another. I’ve lost count of how many times I’ve heard it or answered it.

The reality is that asking which martial art is best is like asking which kind of food tastes best. It is a matter of personal preference. What you need to find is the martial art that is *best for you*, and this will come down to your own personal goals, abilities, likes, dislikes, and the choices that are available in your area. Sometimes you have to settle.

The second question people usually ask, once they don’t get the answer they expected to the first one, is “well, which one is best for learning self defense?” Now there is a can of worms.

Almost all martial arts claim to teach, or at least be useful for, self defense. But the reality is that self defense and martial arts are really two different things. Related, but different.

Imagine that your friend tells you he wishes to paint his house, but he realizes that he doesn’t know how to paint. He asks what would be the best artistic style to study so that he can get started? He rightly points out that there are many different media; oils, acrylics, water color, different canvas and paper choices, brushes, etc. And then there are the different styles and subjects; classical portraiture, landscapes, impressionism, realism, modernism, etc., each with its own variations.

A specific martial art is very much like a specific style of artistic painting. It is a worthy, enjoyable and beneficial pursuit in itself, but didn’t he just want to paint his house? Why go through all of this? Why not simply learn how to paint a house?

After many years in a variety of martial arts as both a student and instructor, I gradually realized that, as good as martial arts are, for most people it was like trying to become a professional portrait artist just so that you could turn around and paint your house. Worse, many people get started intending to learn self defense and improve their conditioning, but they end up injured, out a lot of money, and still didn’t learn what they desired to learn in the first place. If they stay, it was usually because of the friendships that were formed, or a feeling of investment.

There are four general genres of martial arts; sport, philosophical, street fighting and self defense. Most modern martial arts emphasize developing techniques with an eye towards scoring points in tournament competition. If you seek a cultural experience and less of a sport element -- something more for personal development or occasional demonstration -- then look for arts that present themselves as “traditional.” If you like staying upright and using kicks and punches, then the many

variations of karate, tae kwon do and kenpo may be good choices. If you prefer wrestling, then consider judo or jujitsu. Joint locks? Hapkido and aikido. Weapons? Look to kung fu, escrima, hwarangdo or kendo. There are many other possibilities.

Visit some classes. Watch how the instructor interacts with the students. Is that how you desire to be treated? Avoid classes that do muscle fatiguing calisthenics and deep, difficult stretches at the beginning of class; such practices are linked to injuries, especially in adults.

Ask the instructor about class times, costs, tests, uniforms, equipment and contracts. Many schools will quote you one price, but you end up paying much more once you add the costs of uniforms, tests, gear and other stuff. Some schools require you to be exclusive -- that is, promise them that you will never study another martial art. It is better to find out about these things up front than after you’ve spent months or years (and hundreds or thousands of dollars) studying a particular style.

Do you want to learn to *prevent* an attack as well as how to fight out of one? Irrespective of your own feeling about guns, the fact is that a gun is the single most effective tool of self defense in the world. Knowing self defense or martial arts might help you fight off an attacker, but every year millions of crimes are *prevented* by ethical people who simply had a gun in hand when it was needed. And most of the time, no shots were fired. Just showing the gun was enough to send the crook running.

Knowing that, ask yourself, how many martial arts teach safe gun handling for self defense? Sure, some will try to teach you how to *disarm* someone with a gun, or they might teach you how to use a weapon you’ll simply never have on you (like a sword, long staff or nunchuks). But which will teach you how to safely keep and use a gun for personal defense if you choose to do so? Not kempo, aikido, tai chi or judo.

Martial arts have a tradition of teaching about good health or even alternative, herbal remedies. But which one will actually teach you proven, life saving skills like First Aid and CPR? Not jujitsu, kung fu, tae kwon do, or any style of karate.

Which martial arts actually teach self defense as their core emphasis and are designed to do so from the beginning? Not boxing, wrestling, muay thai, or almost any popular martial art (except Israeli Krav Maga).

Which martial art’s curriculum is built around a modern understanding of human physical development and learning styles? I honestly don’t know of a single one.

Via Potentia was developed to specifically address these issues and more. If these factors are important to you, then we invite you to try Via Potentia. If not, then we will be happy to help you find a martial art that will truly be the best one for you.