



天梅流 Ten Ume Ryū 天梅流

Traditional Combatives & Self Defense | plumdojo.com



*Schedule: Monday and Wednesday 7pm – 8:30pm; Sunday 10:30AM - Noon*

Ten Ume Ryū is an ongoing creation from a blend of Hapkido, Karate and Brazilian Jūjutsu that has been broken down to street-oriented techniques without flashy moves that emphasize quick and effective application, with a strong focus on when to use them. It is offered to anyone age 18 and over.

*\*The age requirement may be waived on an individual basis. Please discuss with the instructor.*

This class does not focus on rank but rather on skill and applicable knowledge. We prefer you to focus on self development rather than idolize a piece of cloth, though we do have a ranking system for those interested.

The highlights of Ten Ume Ryū include:

- Realistic self defense taught in a calm, traditional martial arts setting
- The mental study of self defense and how it applies to violence; you are not learning to brawl
  - Development of cardio, flexibility, strength, awareness, and muscle memory
- **Anyone regardless of skill level is welcome**
  - A personalized approach to cater to individual goals and needs
  - Development and encouragement of those with previous experience
  - A great supplemental class to any martial arts or self defense program

#### Cost

Monthly: \$25\*

Per Class: \$10\*

Private: \$20 /hr

Group/Seminar: Contact for pricing/scheduling

\* Individual group class fees are currently waived for active Tae-Kwon-Do students at PMAS

#### Rules

*Show the instructors respect; disrespect towards them will not be tolerated*

*Control your tongue. We are an adult group and mild profanity shouldn't be an issue; Don't be a sailor.*

*Be respectful to everyone regardless of your knowledge level. Everyone is welcome here.*

*Always inform the instructor and your partner of existing injuries*

**No head hunting** – We are brothers training here, and training is based on camaraderie. Violence or anger will not be tolerated on the floor. If you have a problem we stop and talk it out.

**RESPECT THE TAP OUT!** - No tolerance. If you break this you are out for good. *Immediately.*

Have a good time and always ask questions.