



New British Military Martial Arts (BMMA) School to Open in Montrose

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A new British Military Martial Arts (BMMA) school will soon open in Montrose following the success of a centre in Arbroath.

Starting in May 2011, children and adults will be able to learn the ropes in a host of martial arts regardless of age and ability, with taster sessions offered at a launch event at Melville South Church Hall. The sessions will run between 4pm - 6pm on Monday 25th April, offering classes for ages 3 - 7 (Little Soldiers), 8 - 11 (Cadets) and 12+ mixed teens and adults.

BMMA enlists the expertise of ex-military servicemen and women to lead its sessions, teaching a range of martial arts including Kun-fu, karate, Tae Kwon Do and boxing. Former military personnel are best placed to instil discipline, respect and social responsibility, as well as expert training in a wide range of martial arts, and BMMA offers former servicemen and women an opportunity to utilise their experience in the armed forces at a time of financial cuts in the industry.

BMMA Angus opened in July 2009, headed up by Jason Aston, and since then hundreds of adults and children have received the expert tuition. As well as introducing beginners to the sports, BMMA Arbroath members compete in tournaments all over the world and, as of April 2011, there are currently three Scottish champions and one world champion who continue to train at the centre.

Jason is a former Royal Engineer Soldier and current member of the World Martial Kombat Federation (WMKF) squad, representing Scotland in the Wuma World Championships in Sicily last year.

Having successfully established a thriving BMMA centre in Arbroath, Jason is now intent on replicating the progress in Montrose. Jason said: "As a father of four I know only too well how difficult a job parents have these days steering our young people down the right track in life, and this only gets harder as they grow up.

"I believe that Martial Arts is a great way for kids to learn respect and social responsibility, as well as how to stay healthy, and former military servicemen and women are some of the best people to help with this."

BMMA was founded in 2008 by ex-paratrooper and World Association of Kickboxing Organisation (WAKO) Pro European champion Lee Matthews.

The organisation enlists some of the most highly-trained individuals who have served with the British military forces in order to combine the martial arts syllabus – including boxing, karate, Kung-fu, Tae Kwon Do, Ju-jitsu and MMA – with fun and structured sessions.

Matthews – one of the best-known martial artists in the UK for his success as a competitor and his business acumen - is a six-time WAKO British champion and one-time WAKO Pro-European champion. Having received training from the likes of former boxing world champion Richie Woodhall, Brazilian Ju-jitsu world champion Bralio Estima, and world kickboxing champions Drew Neal and the Winsper Family, Matthews has gone on to become 4th Dan in Sport Karate, 4th Dan in Kickboxing and 1st Dan in Karate,

The 34-year old spent seven years in the 3rd Battalion of the Parachute regiment, undertaking operations in Northern Ireland and Kosovo and training and working as a physical training instructor, and in the West Midlands alone Lee's organisation teaches over 1000 students as well as tutoring nine world champions.

BMMA sessions will be running in Montrose from May 2011, and further information is available at www.britishmilitarymartialarts.co.uk. To book a session at the launch event, please contact Jason on 07543127658.

