

Protect Yourself and Your Loved Ones
And Practice Health/Fitness While Building Character and Integrity

Applied Martial Arts

We offer classes for children and adults in:

Ju-Jitsu, Karate/Kick-Boxing, Jr. Judo, Stick-Fighting, Tai-Chi-Aki, Stage-Fighting, Dojo Dancing, Study-Boxing, Police Restraint Tactics, Women's Self Defense, Protecting Others, Martial Arts Therapy

Where & When – Agudat Achim Synagogue 108-11 69th Rd. Forest Hills

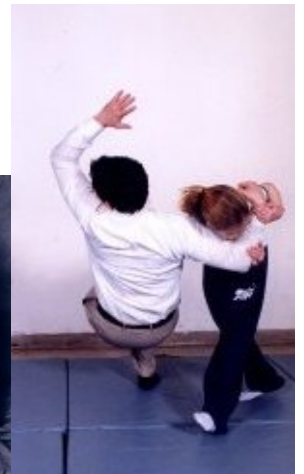
5pm Jr. Judo/Karate 6p Tai Chi 7p Kick-boxing 8p Ju-Jitsu 9pm Stick-fighting

Sundays: Kew Gardens Park

6:30 Ju-Jitsu & Weapons Training

8:30 Kick-Boxing

9:30 Tai Chi



Sr. Instructor: **Rabbi Shihan Gavriael Moskowitz**

Sure he has Titles in Judo & Karate Tournaments But....He is Battle Tested & Street Certified

He holds a 7th deg. Black Belt in Karate/Ju-Jitsu, 2nd deg. Black Belt Judo & Oriental Weapons – Former NYC Police Officer/Trainer & Police Karate Coach, Jr. Macabi Karate Coach, Guest instructor for the Israeli Border Police's Anti-Terror Unit, Former H.S. Teacher/Principal, Founder of the Cognetics Program and there is an Action Drama Film in Development about the Rabbi/Cop

Inquire about our new Combat Shooting and Apprehension Course!

Special classes for the physically challenged, the Blind and Kids with Cancer Pvt. Lessons by appointment

To register call: **917-916-4681 Gavriael@aol.com**

We teach Discipline with Sensitivity

www.geocities.com/appliedmartialarts

<http://www.martialartstherapy.org/>

Develop: Confidence, Personal Achievement, Behavior Management skills, Physical/Mental & Spiritual Health,

Press Release

Contact Person: Rabbi Gary Moskowitz 917-916-4681 Gavriael@aol.com
Director Children's Safety Project 7th Degree Black Belt Former NYC Police Officer and Teacher
www.martialartstherapy.org

Don't wait for tragedy to Strike!

Children's Safety Seminars

For Parents, Children and Teachers



Would your child know what to do?

The first seminar will be held on:

Date: July 17th Sunday 10am-12pm

Place: Agudat Achim Synagogue 108-11 69th Rd. Forest Hills NY11375

Rabbi Gary Moskowitz former NYC police officer/trainer/investigator, 7th degree Black Belt in Karate/Ju-Jitsu and a former yeshiva school principal specializing in working with violence prevention. He will be holding Safety seminars around the city.

Training:

Awareness of Personal Safety and How to avoid dangerous situations

How to teach your children to resist a would be attacker

How to track your children all the time

May little 8 year old Leibe rest in Peace and may we find solace in the capture of his murderer

Kabudo Classes



Learn sword, stick and staff etiquette (Foam)
and

Learn about yourself

No experience necessary

**Instructor Shihan Gary Moskowitz 7th degree Black Belt
in Ju-Jitsu and Karate, 2nd Degree in Judo and Weapons**

917-916-4681 Gavriael@aol.com

Other classes being offered at Chabad Anshe Shalom 82-52 Abingdon Rd Thursdays 9-10pm Sundays 11a-12p

Karate

Ju-Jitsu

Judo

Tai Chi

Study-Boxing

Dojo Dancing

Stage-Fighting

Like to compete? Join our training teams in Judo, Karate and Stick-fighting

Karate/Kick-Boxing



Develop

Superb Conditioning – Energy Flexibility, Endurance, Muscle Strengthening
Knowledge Coordination Agility Rhythm Timing Speed
Strength Balance Strategy Zeal



Other Classes offered

Ju-Jitsu, Karate/Kick-Boxing, Jr. Judo, Stick-Fighting, Tai-Chi-Aki, Stage-Fighting, Dojo Dancing, Study-Boxing, Police Restraint Tactics, Women's Self Defense, Protecting Others, Martial Arts Therapy

Women's Kick-Boxing classes

Where & When - Evenings 7pm Sundays: 12pm at Synagogue 108-11 69th Rd Forest Hills

Sr. Instructor: **Shihan Gavriael Moskowitz** 917-916-4681 gavriael@aol.com

7th deg. Black Belt in Karate/Ju-Jitsu, Former NYC Police Officer/Trainer & Police Karate Coach, Jr. Macabi Karate Coach,

Combat Shooting & Apprehension-CSA Israeli Style



CSA bridges the gap between unarmed combat and tactical shooting in life and death situations. The ability to integrate empty hand and shooting skills means the difference between winning and dying. CSA has created one of the most effective practical real and frightening programs that will enable you to dodge, strike, draw, shoot, and win at arms length and fighting from great distances.

*100-hour certification course of practical combat shooting and apprehension

*Annual requirement of 10 hours of re-certification

Cost is \$2,500 per person which is \$25- per hour of training.

A written and a performance qualification exam will be given at the end of the class to pass

Course practice is in the area where you may find yourself in combat – your synagogue, church school etc.

Singular, Stationary, Targets don't move or fire back

Learn to fire in motion while multiple shooters are attaching in motion as well

Learn Concealment and Cover Techniques including use of bulletproof shield

Learn to respond as a team

CSA will train students in the When, How and Why to shoot

Minimize fatalities and injuries

Perform under extreme pressure



Curriculum

Awareness	Types of Weapons	Firearms Safety	The Draw and Re-holstering
Clearing the Room	Engagement	Defensive Tactics	Cover Distraction Device Deployment
Shooting	Apprehension	Team Training Exercises	Less Lethal Munitions
Rescue and Recovery of downed man and the injured	Hostage Situations	Makeshifts weapons in House of Worship	
Legal	Firing Range	Police Medical Tactics	Scenario Based Training - Day/Night

Founder, Director & Chief Instructor of CSA - Rabbi Sensei Gary Moskowitz

Former New York City Police Officer/Investigator	NYPD Handgun Marksman	Police Tactical Instructor
Guest Instructor - Israeli Border Police Anti-Terror Unit member	Former NYC Police-PBA Karate Team Coach	American Society of Law Enforcement Trainers-member
NRA Certification Special Weapons & Tactics	7 th Degree Black Belt in both Ju-Jitsu and Karate	2 nd Black Belts in Judo/oriental weap
Inducted in Action Martial Arts Hall of Fame	Founder and head of Applied Martial Arts System	Instructor of Tai Chi Aki
Former Karate team competitor USA Pan American Macabiah Games and later coach of Jr. Macabiah Team	Martial Arts Fitness/Lifestyle Certification Instructor	Macabi Action Films Producer
Recipient of Numerous Community/Educational Awards	Founder/Dir. of Martial Arts Therapy-Kids Combating Cancer	Graduate Work in Ed/Law/Theology
	Founder of the Institute for Cognitive Kinetic Connections	



Dojo Dancing

Using: Cognetics – Cognitive Kinetic Connections

Choreographed and Developed by **Sensei Gary Moskowitz**

7th Deg. Black Belt Ju-Jitsu/Karate, Former Teacher/Principal

<http://www.martialartstherapy.org/> <http://empowerfitnow.com/about2.html> www.geocities.com/mnlIn2003/home.html

Gavriael@aol.com & 917-916-4681

If you want to develop your body/brain, love dancing and always wanted to study martial arts then Dojo Dancing is what you want!

This new exciting dance exercise routine hopes to become the next Tai-Bo.
It is based on practical martial arts training, self-defense, Dancing, Fitness & Fun

Student Internships Available

Special Dojo Dancing program for children with special needs

Positions are opening up for:

Instructor Trainer Sales People Public Relations and Marketing

We are currently auditioning for our DOJO DANCING promotional Video.

All classes include cardio-vascular, muscle strengthening and flexibility training while developing coordination, agility and balance important skills for cognition as well as health. Pvt. Lessons available.

Additional classes offered in: Stage-Fighting, Ju-Jitsu, Karate, Stick-Fighting and Meditation & Martial Arts Therapy

Dojo Dancing is the exciting innovative form of training, which is based on martial arts movements and techniques. It incorporates movements of spinning, dodging, weaving, ducking, aerial jumping, pivoting, stances, barring, blocking, parrying, netting, grappling, punching, elbowing, kicking, kneeing, head butting, joint-locking, Throw fit ins, takedowns, and counters to the above while learning academic skills. All the moves are applied against potential striking and body grabbing attacks. Check Dojo Dancing [Testimonials](#)



There are several levels of **Dojo Dancing** from beginners with little exercise experience to the advance tenth level, which will give even the professional athlete a workout and the enthusiasm he/she is craving.

This is the ultimate workout, which combines motivation, breath control, cardio-vascular, muscle strengthening, flexibility, weight control, agility, balance, coordination, relaxation, asceticism, and a great feeling of accomplishment. Also known as "Brain Dancing" as your Brain feels like it is floating and learning seems easier.

■ ■ ■ **Dojo Dancing** classes are divided into four stages. The first begins with a brief workout of stretching, muscle strengthening and endurance building. The second begins with the student learning the skills to perform the routine. The third is the actual dancing routine played to music. The fourth is the warm-down with slow meditative motions like tai chi with soft moving music.

■ ■ ■ **Dojo Dancing** is a great way to meet new friends and join with existing friends as it based on cooperative education training. After the initial phases of learning the "routine moves" the Dojo Dancer works with several partners and they learn to feed off of each others' energy. This is what we call "**Trenergy**" the transferring of positive energy back and forth, which is also used, in holistic preventive care for many healing processes. Upon completion of each set the Dojo Dancer has created their own beautiful story of self-defense, which resembles a fast moving choreographed ballet. Eventually they learn to improvise giving the dancer an opportunity for great creativity and working different quadrants in the body and mind.

■ ■ ■ **Dojo Dancing** will also be promoting a new artistic competition, which will encourage individuals and couples to develop their own routine and would be rated by judges like other dancing and figure ice-skating competitions. The rules and expectations of minimum movements are currently under development.

■ ■ ■ **Dojo Dancing** is expected to enhance appreciation of martial arts as a serious form of physical and mental fitness along with personal development while having intense enjoyment. After every class the student realizes that they had pushed themselves further than they thought they would but they were having so much fun they didn't even realize it at the time. The student dancer comes away with a great feeling of being physically, mentally, emotionally worked out while enhancing their cognitive abilities.

■ ■ ■ **Dojo Dancing** will be sweeping America as the newest form of fitness/entertainment training.



Applied Martial Arts is an organization committed to the promotion of safe and effective martial arts training. AMA accomplishes its mission by setting certification and education standards for martial arts instructors and through public education and research.



Gymarate

Gymarate is the innovative exercise health and fitness program for toddlers and children which combines the physical, mental and emotional skills of Gymnastics and Karate. Gymarate is becoming popular with toddlers all over and it gives parents a chance to practice with their kids.

Gymarate introduces the new exciting sports game called **Virtual Karate** – a sparring game where there is no physical contact and toddlers play for points.



- Learn to share and take turns
- Encourage socialization
- Follow directions and problem solve
- Understand goal setting
- Develop self-esteem and promote physical strength
- Promote coordination and stamina
- Build motor skills and increase awareness of body in space
- Develop speech and language
- Develop a love for learning
- Demonstrate responsibility
- Show self-control
- Act respectfully

*“Healthier Kids,
Happier Kids”*



Rabbi Shihan Gary Moskowitz is the founder of **Gymarate** and the children call him endearingly Sensei G. He has been studying and teaching several forms of martial arts for 40 years and holds a sixth degree black belt in Ju-Jitsu and Karate and a 2nd degree black belt in Judo. Sensei G has taught children of all ages martial arts, physical fitness and academics and continues to do staff development seminars for teachers and other professional educators. He is a former social studies teacher and principal and he has been a youth and educational director for various synagogues and community center programs. He is most known for training his most promising students, Yicara, Yotzi & Yael Moskowitz his three toddlers.

Currently, he is the director of Martial Arts Therapy, a program he developed which teaches martial arts to children with cancer and other special sicknesses that help them with pain management, rehabilitation and emotional stresses. Sensei G is also a trainer of police officers here and in Israel and has volunteer police officers working in the Martial Arts Therapy program called “Cops arresting Cancer”.

**Flexibility
Ability**

**Endurance
Agility**

**Muscle Strengthening
Mobility**

**Breathing
Balance**

**Coordination
Respect**