

# Why AQMAI?

## Top 10 Facts About Our Martial Arts School

By Anthony Quatrochi, *Anthony Quatrochi's Martial Arts Institute*



I've been wracking my brain trying to think of what I can say about martial arts that I haven't already said...and you haven't already heard from someone else. At the same time, I find myself feeling retrospective with the New Year upon us, thinking about the years past and how my school became what it is now, over 20 years from its beginning. This led me to make one of those perhaps cliché yet ever-present "Top 10" lists. Here we go:

**1. SAFETY is the number-one rule of the dojo.** It's a rare week when we don't have the kids yelling that one out like a mantra. We train hard and have raucous fun (because, honestly, pegging someone with a dodgeball never gets old), but we are always focused on learning how to get home safely and being safe while we learn.

**2. We do SELF-DEFENSE.** We use techniques derived from those of the ancient Samurai; we grapple, we use weapons, we use our hands and feet, shoulders, elbows, head—you name it. If it helps get us home, it's fair game to use. We do not fight for sport or in competitions. We will pinch, gouge, bite (mostly simulated in class!) and do any other dirty tricks needed to win and be with our loved ones.

**3. Size does not matter.** You may not out-muscle someone, but there is almost always something to make an attacker sorry that they chose you. You don't have to be a jock, big or young to successfully train at AQMAI. We are low impact, emphasizing the power in small motions. If you have a mobility issue, we can show you how to work around it. You do NOT have to be afraid. You have options.

**4. Fights are often unfair; they're not one-on-one.** At AQMAI we train for that, too. Years ago, we filmed a multiple-attacker scenario to show what we do in that situation. If you look for AQMAI on YouTube, you can find it. It's dark and low-tech, but the bonk as the guy bounces off the car is worth the watch!

**5. Intention is everything for us.** Besides discussions with the students about what they want for themselves in life and how to get there, we talk about intention in life's situations. How did you get where you are? What are you planning to do now? Knowing your intention helps you decide what to do next, whether it's in a safety situation or any of life's moments.

**6. Time at AQMAI studying martial arts helps you to get to know yourself better.** It can, in fact, change your life. I won't predict how it'll be for you, since that's different for everyone, but for me, I know I'm not who I would have been without martial arts. I found a purpose, a center, a hobby that became a lifestyle I love, and I spend time with people who feel the same way.

**7. It will take a long time, years even, to feel that you know what you're doing.** And the longer you train, the more you'll realize you have so much more to learn. Martial arts is a commitment, but one I don't think you'll ever regret choosing.

**8. Studying at AQMAI, with our style, will build your confidence, give you skills to protect yourself and improve your flexibility and strength for years to come.** It might truly be the best thing you can do for yourself, and you can do it free for a month. So what do you have to lose?

**9. The hardest part about studying at my school is actually coming in to take your first class.** Overcoming inertia and facing the unknown is challenging. I have faith in you; have that same faith in yourself. You'll be surprised by what you find here.

**10. When it comes to martial arts schools, at first we all might look the same, but we're not.** There isn't any other school like ours, because we're constantly evolving. My teacher and his training partners took all the martial arts they knew, chose the best pieces of the myriad disciplines and formed a style that worked in a way no one else had seen before. I built on that, and, working with my teacher, we continue to finetune everything. We don't exist anywhere else. I'll show you; it would be my pleasure. All you have to do is come in to see for yourself. OSU! ♦



AQMAI in Wappingers Falls has been teaching students of all ages and abilities lifelong lessons in self-defense for more than 20 years. Their style of Ju Jitsu, focusing on real-life experiences rather than competitions, is one you won't find anywhere else. AQMAI is a family experience, with students and guests taking part in game nights, blood drives and fundraisers like the Polar Plunge for Special Olympics.