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British Military Martial Arts In Portsmouth



Written by News Desk

Monday, 17 January 2011 15:09



British Military Martial Arts (BMMA) - an organization teaching martial arts around the UK using ex-military servicemen and women - continues to expand with over 50 schools now offering its expert sessions.

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 Brálio 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 9 world champions.

Each centre offers sessions for Little Soldiers (4-7 years), Cadets (8-11 years), Ladies Only and Adult sessions, and are now operating in cities such as Portsmouth, Leeds, Crewe, Derby and Sutton Coldfield. BMMA has also begun to venture into Scotland with bases in Glasgow, Arbroath and Dumfries.

Many of the BMMA instructors are tutored through the L2 Martial Arts Company, a Career Transitional Partnership NVQ level three training course where ex-servicemen receive tuition in marketing and managing their own profitable Martial Arts Academy.

On BMMA's ongoing expansion, Lee said: "BMMA helps ex-service men and women go into their local communities and open up martial arts schools, giving the local children something positive to focus on and keep them off the street. The instructors act as great role models and teach them the

important values that they gained in the forces.

"They are also fantastic motivators for the adults students as they are all super fit. 2010 was a fantastic year with new BMMA centres set up, and at a time when there's more government cuts for ex-servicemen BMMA allows people to manage their own business using the expertise they have acquired from their time in the forces."

For further information please visit - www.britishmilitarymartialarts.co.uk , or follow BMMA on Twitter

@BritMilMartialArts

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