

# ZenShin Healing & Martial Arts

3rd Annual



# T.C.S.D



**TAKE CONTROL SELF DEFENSE SEMINAR**

WITH  
**SHIHAN DUKE SWAIN**

**November 10 and 11, 2007 Tucker, Georgia**

**Japanese Jiu-Jitsu  
Judo  
Weapons Defense  
Chin-na  
Self Defense**

**WHEN:**

**Saturday and Sunday  
November 10 & 11, 2007  
10:00 am — 2:30 pm  
with 30 minute break**

**WHERE:**

**ZenShin Healing and Martial Arts  
4764 Hammermill Rd. Suite B  
Tucker, GA 30084**

**COST:**

**Pre-register by November 1, 2007  
Pre-registration: \$75 (two days)  
Day of seminar: \$90 (two days)  
One day only: \$50  
Limited to 30 participants**

**FOR MORE INFORMATION:**

**Call ZenShin at 404-372-3582  
E-mail: [info@zenshinhealing.com](mailto:info@zenshinhealing.com)  
Website: [www.zenshinhealing.com](http://www.zenshinhealing.com)**

**All ranks and styles welcome!  
Must be 16 years or older to attend.**

**Shihan Duke Swain**



**7th Dan  
ZenShin Jiu-Jitsu**

**7th Dan  
Goshin Jitsu**

**5th Dan  
Zen Sekai Jitsu**

**2nd Dan  
Judo**

**2007 Martial Arts  
Hall of Fame**

全身療法と武道

**SEMINAR OUTLINE**

**Saturday**

**Striking, Blocking, Low line kicking,  
Movement, Joint control techniques,  
weapons defense**

**Sunday**

**Clinching, Throwing/take-downs, Grappling,  
Realistic Self Defense**

**“Ask the Shihan” Segment  
with “what-if” questions**

- \* Space is limited so pre-register soon.
- \* Food and Hotels are all within walking distance.
- \* Details on the pre-registration form.

**We hope to see some of our old friends and look forward to making new ones. This is a great event and we hope to make it bigger and better every year.**

Instructors can impart only a fraction of their knowledge. Through your own devoted practice and hard work may the mysteries of Martial Arts be brought to life.

— Duke Swain

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**T A K E   C O N T R O L   S E L F   D E F E N S E   S E M I N A R**

**W I T H**  
**S H I H A N   D U K E   S W A I N**

**HOTEL INFORMATION   FOOD INFORMATION   SCHOOL LOCATION**

**Hampton Inn**  
1737 Mountain Industrial Blvd.  
Stone Mountain, GA 30083  
770-934-0004

**Econo Lodge**  
1820 Mountain Industrial Blvd.  
Tucker, GA 30084  
770-939-8440

**Subway**  
**Waffle House**  
**Moe's Southwest Grill**  
**Wendy's**  
**McDonald's**  
**Panda Express**

**Zenshin Healing and  
Martial Arts**  
4764 Hammermill Rd.  
Suite B  
Tucker, GA 30084  
404-372-3582

[http://  
www.zenshinhealing.com/  
map.html](http://www.zenshinhealing.com/map.html)

## **PRE-REGISTRATION FORM**

**November 10 & 11, 2007   10:00 am — 2:30 pm**

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY, STATE, ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**RANK:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_

Pre-registration (two days) \$75

Pre-registration (one day) \$50

Saturday    Sunday

**Make checks payable to ZENSHIN.**

**Send payment to: ZenShin Healing & Martial Arts**  
4764 Hammermill Rd. Suite B Tucker, GA 30084

**Check or money order must be received by November 1, 2007.**

**If you are under 18, please have a parent or legal guardian sign here and provide contact information. Signature:** \_\_\_\_\_

**Print Name:** \_\_\_\_\_ **Contact Number:** \_\_\_\_\_

# SHIHAN DUKE SWAIN



Shihan Duke Swain began his training in Isshin Ryu Karate in the early 1970's under the direction of Grandmaster Castanza. Several years later, he began the study of Goshin Jiu Jitsu & Judo also under the direction of Grandmaster Castanza and Sensei Gabriel. In 1984, he traveled to Japan. At which time he met Master Osoto, a great Chi Gung healer and Martial Artist. A few years later he returned to Japan to train with and study under Master Osoto. He was quickly taken under the Master's wing and this eventually became his home. Since then Shihan has trained with many national and international martial artists and healers in such styles as Jiu Jitsu, Judo, Chin Na, Modern Arnis, Kung Fu, Mixed Martial Arts, Baguazhang, Aikido, Chi Gung, Tai Chi, Massage, Traditional Chinese Medicine, sports nutrition and health. He has received rank or a degree in Jiu Jitsu, Judo, Arnis, Kung Fu, Mixed Martial Arts, Chin Na, Chi Gung, Massage, and Traditional Chinese Medicine (TCM).

Shihan is currently researching the restorative healing powers of (Dayan) Wild Goose Breathing Chi Gung, an internal style of Chi Gung. Wild Goose Breathing has been dated back more than a thousand years and has been known to cure such diseases as cancer, HIV and Aids, polio, arthritis, asthma and many more.

Shihan currently teaches at Zenshin Healing and Martial Arts, where he is not only the owner but also Chief Instructor. Shihan continues to travel throughout the United States and abroad seeking fellow martial artists and healers with which to train and learn.

## **Inducted into The 2007 Martial Arts Hall Of Fame as "Founder"**

**Shichidan** 7<sup>th</sup> Degree Black Belt Zenshin Jiu Jitsu

**Shichidan** 7<sup>th</sup> Degree Black Belt – Goshin Jitsu

**Godan** 5<sup>th</sup> Degree Black Belt – Zen Sekai Jujitsu

**Nidan** 2<sup>nd</sup> Degree Black Belt – Judo

**Sixth Level** 2<sup>nd</sup> Degree Black Belt – Chin Na

**Fifth Level** 1<sup>st</sup> Degree Black Belt – Modern Arnis

**Black Sash** 1<sup>st</sup> Degree Black Belt – Kung Fu

**Shodan** 1<sup>st</sup> Degree Black Belt – Mixed Martial Arts

**Chi Gung** 25 plus years - Internal (Nei Dan)

**Founder** of M.A.L.E.T.S.

**Founder** of Martial Arts Law Enforcement Training Seminars

**Founder** of Zen Shin Healing & Martial Arts

**Founder** of T.C.S.D. Take Controll Self Defense

**Doctor** of Traditional Chinese Medicine

**Certified** Asian Massage Therapist (CAMT)

**Member**– American Judo & Jujitsu Federation

**Member** International Martial Arts Council Of America

**Member** National Goshin Jitsu Association (Lifetime)

**Member** Norwegian Jujitsu Association (Lifetime)

**Member** YMAA (Yang Martial Arts Association)

**Member** International Chi Gung Association.

**Panamanian** Judo Champion

**All Japan** Jujitsu Champion

**All Norwegian** Jujitsu Champion

**MMA** Competition 35-0

**Lifetime** Record 212-16

**Certified** Black Belt Rank Examiner (Senior level)

**Instructor** of the year

**Military Special Forces** Close Combat Instructor

**Law Enforcement** Hand To Hand Combat Instructor

**Currently Teaching** Zen Shin Healing & Martial Arts