

SERVICES PROVIDED BY ARLINDO MARTINS AND HIS TECHNICAL TEAM

SEMI CONTACT / FIRST POINT / KARATE CONTACT

LEISURE, TRAINING OR SPORT COMPETITION ...



Children



Youth



Adults



Group lessons / Personal Trainer



Technique



Balance / Discipline / Attitude / Team Work



Competition: Semi contact/First Point



Personal Development / Ethics / Health



Shows / Entertainment

... TO CHILDREN, YOUTH, ADULTS (AND PARENTS)

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1. INTRODUCTION

“The **Martial Art *Se Mutare***, created and developed by myself (Arlindo Martins), is born inspired in modalities of **Semi Contact, First Point, First Touch or Karate Contact**.

In the Martial Art *Se Mutare* the practitioners are encourage to develop a healthy attitude in the way they execute their blows or the techniques in combat: execution of the movements with great control on the power of the lows where each and every practitioner will seek to touch (not attack) the opponent (blows that seek KO are not allowed).

This Martial Art is indicated to everyone that likes to practice Martial Arts without stimulating negative aggression/violence. The Martial Art *Se Mutare* seeks to **channel the natural aggressiveness that exists on all of us in a healthy way, helping each practitioner to build a more positive mental attitude, healthy, active, respectful and peaceful**.

The **main goal** of this Martial Art *Se Mutare* is to promote the **learning and perfecting of specific techniques** on the percussion (and prehension) fight in each practitioner and lead them to have a personal attitude of **total respect for the physical and psychological integrity** of their opponents (and people in general). In the **second hand**, but not less important, our goal is to promote the **regular practice of sports, personal development** (Positive Mental Attitude), the **well-being and health** (mental, physical and emotional) of every practitioner, helping them to build their **self-esteem** and their **self-confidence** in a more balance way.

To accomplish these goals **we have a technical team**, build by **several experts** that create, develop and implement innovative methodologies on the services they provide: teaching and learning, training, competition, leisure, support to parents, ... These methodologies are adapted to each target audience (e.g. children, youngsters, adults, ...), to each practitioner or group of practitioners' personal goals (e.g. Leisure, Training, Sports Competition, ...) and are inspired in several areas of knowledge: Gymnastics, Expression/Dramatization, Psychomotricity, Ludic Activities, Participatory and Active Methods, Psychology, Neuro-linguistic Programing, Neuroscience, Sports Competition, High Performance Training, Ethics, ...”.

Arlindo Martins

Creator of [Martial Art *Se Mutare*](#)

2. Mission

“Sports at the service of the Human Being’s motivation and well-being”

We want, with our clients (children, youngsters and adults), to give our contribute helping them develop a more **positive mental attitude** towards life and to be more **competent** people, **active and healthy**. To accomplish this, among other strategies, we use, as a main tool, the practice of **Martial Arts**.

3. REFERENCES ON THE WORK WE ACCOMPLISHED (IN PORTUGAL/EUROPE)

SUBJECT	MOVIE TITLE	LINK TO YOUTUBE
GROUP LESSONS	Se Mutare Martial Arts for children	http://www.youtube.com/watch?v=nyc6-v7qfjQ
	Se Mutare Martial Arts for young people and adults	http://www.youtube.com/watch?v=R00i0QJ4UuU
	Self Defense, Personal Trainer, Group Classes to adults	http://www.youtube.com/watch?v=uZ7lfsWdiE
PARTICIPATION IN NATIONAL AND INTERNATIONAL COMPETITIONS (SEMI CONTACT / FIRST POINT AND MUSICAL FOR MS)	World Championship Semi Contact and Musical Forms - 2001 (Slovenia)	http://www.youtube.com/watch?v=GeBrEENwA-4
	Semi Contact National Championships - 2002 (Portugal)	http://www.youtube.com/watch?v=yrkp6ilPXxs
	Semi Contact National Championships - 2003 (Portugal)	http://www.youtube.com/watch?v=afSLK94QZiw
	Semi Contact International Championships - 2005 (Ireland, Dublin)	http://www.youtube.com/watch?v=wJR2-7R9rDk
	Semi Contact National Championships - 2005 (Portugal)	http://www.youtube.com/watch?v=bpqgHFwdprk
	Semi Contact National Championships - 2004 (Portugal)	http://www.youtube.com/watch?v=bvSdpojnRl4
	Semi Contact International Championships - 2003 (Ireland, Dublin)	http://www.youtube.com/watch?v=lubV-vcbM0s
SEMI CONTACT - Open Aljezur 2005.Final Pedro Borges vs Hugo Matos	http://www.youtube.com/watch?v=ya74zcYQvT4	
SHOWS OF MARTIAL ARTS WITH AEROBATICS AND COMEDY	II Martial Arts Festival in Portimão (Portugal)	http://www.youtube.com/watch?v=KvbtLhgCQk
	Demonstration of martial arts, acrobatics and Humor (1996/97)	http://www.youtube.com/watch?v=ljHnzI_PoYY
	Festival Academy Gen Z1	http://www.youtube.com/watch?v=rLia249l4A
	Shows various Martial Arts, Comedy and Acrobatics (Gen Z1)	http://www.youtube.com/watch?v=jf309xSbltw
	Martial Arts Festival in Portimão (Portugal)	http://www.youtube.com/watch?v=3CWbhn0l9bl
Firts movie promotion of Gen Z1 Action Team	http://www.youtube.com/watch?v=AiuG_AGndjg	
PARTICIPATION IN TV PROGRAMS	Gen Z1 Action Team and Arlindo Martins in Sic Radical (TV)	http://www.youtube.com/watch?v=nDfoKsRSos
	Gen Z1 Action Team and Arlindo Martins in Noites Marcianas (TV)	http://www.youtube.com/watch?v=dzoepdhcWz0
	Gen Z1 Action Team and Arlindo Martins in "As 2 por 3" (TV)	http://www.youtube.com/watch?v=h7qnllvIEQo
DVD EDUCATIONAL / TRAINING	Presentation of DVD "Introduction to Combat Sports / Martial Arts"	http://www.youtube.com/user/arlindocoe#p/u/0/qElv8tpo8u8
HOLIDAY CAMPS M ARTIAL ARTS	Holiday Camp Martial Arts - 1997 (Portugal)	http://www.youtube.com/watch?v=YQ5M0eOnHqE
	Outdoor training, workshops for schools, moments of fun and socializing. ...	http://www.youtube.com/watch?v=P30DlnWiuXo
TRAINER IN SEMINARS / WORKSHOPS/COU RSES	Workshop "Fight choreography for film and tv"	http://www.youtube.com/watch?v=awaq6K4GKJs
	Workshop "Introduction to combat sports-martial arts"	http://www.youtube.com/user/arlindocoe#p/u/1/hzXuD9a3U5M
	Conference "Motivate to school" (in Portuguese)	http://www.youtube.com/watch?v=W8p4HXpRnwg
	The characteristics of a successful teacher (in Portuguese)	http://www.youtube.com/watch?v=6NwmCMDqrgA
	Paradigm Change: Success and competition vs. Cooperation (in Portuguese)	http://www.youtube.com/watch?v=wssPDeEISJ0
	Paradigm Shift: The activity of service to children (in Portuguese)	http://www.youtube.com/watch?v=Sl_2qsryxc4
Presentation course "Professor-Student Relationship Building" (in Portuguese)	http://www.youtube.com/watch?v=sPR_QXdCAo8	

4. WHAT DO WE DO? (Summary)



MAIN CONTENT
MARTIAL ARTS
(Semi Contact/Firts Point)

ADDITIONAL CONTENT:

- Gymnastics
- Psichomotricity
- Expression and drama
- Positive Mental Attitude

GROUPS/CLASSES:

- 6-8 years old (School of Ninjas)
- 9-12 years old (School of Ninjas)
- + 13 years old (Youngsters)
- Adults

MAIN ACTIVITIES:

- Group lessons (School of Martial Arts)
- Sports competition (Semi Contact/Firts Point)

Additional activities (optional):

- Individualized and personalized training
- Live shows
- Fighting techniques for film/tv (initiation/games)
- Coaching Services
- Seminars for athletes
- Holiday camps
- Training for professionals
- Support to parents

GOALS:
Physical, mental and emotional well-being (HEALTH)

5. GENERAL GOALS



GENERAL GOALS	STRATEGIES USED
Learning and improving Martial Arts techniques of percussion (e.g. Semi Contact/First Points) and awareness to prehension techniques (e.g. Judo).	<ul style="list-style-type: none"> • Regular classes (weekly) of Martial Arts. • Seminars • Holiday Camps • ...
Develop a positive mental attitude (development of self-esteem and self-confidence) reflecting itself on a bigger motivation, well-being and personal joy on a day to day basis.	<ul style="list-style-type: none"> • Coaching Services • Several trainings (meetings, lectures ...) • Psychological preparation in regular activities (classes, seminars, camping ...) • Regular meetings with all the parents • ...
Development and improvement of human competences : cooperation, leadership, team work, creativity, relationships, management of pleasant and unpleasant emotions, motivation ...	<ul style="list-style-type: none"> • Use of Teaching-Learning Methodologies that are active and participatory, from playful to a service of integral and integration training of any client despite race, capabilities, limitations ... • Promotion of holiday camps, camping ... • Organization and participation in sports competitions • Training and several meetings to parents, trainers, clients ... • ...
To create among the practitioners healthy and active attitudes and habits	<ul style="list-style-type: none"> • Practice of several sports (Martial Arts, Gymnastics, Games ...) • Basic and fundamental notions on proper and healthy nutrition • Several training (meetings, coaching services ...) • ...
Support to parents in the education of their children	Parents training; support to Parents in their children's education; ...
Training of Professionals from areas like Education, Fitness or Sports	Organization of classes, workshops, lectures to Physical Education Teachers, Fitness Instructors, Trainers ... in: Sports Participatory Methodologies; Martial Arts Initiation in Clubs and Schools; Coaching Services to Fitness/Sports clients; Motivation; Public Speaking; Stress Management;

6. SPECIFIC GOALS

6.1. CHILDREN (Classes: 6 to 8 and 9 to 11/12 years old)



School of Ninjas

(Ninja... the one who practices good!)

MAIN GOALS	STRATEGIES
<ul style="list-style-type: none"> - Initiation and improvement of techniques for Martial Arts (Semi Contact / First Point) - Child psychomotricity: training and development of basic skills. 	Teach Martial Arts and Gymnastics, Drama/Acting, Dancing (coordination), Playful Activities, Games ...

COMPLEMENTARY GOALS (optional)	STRATEGIES
Execution and participation in shows of Martial Arts, Acrobatics and Humour.	Use of acting and expression techniques in articulation with martial arts and stunts techniques
Participation in sports competitions	Participation in local, regional and national competitions
Execution and editing of amateur movies (short film)	Learning simple techniques of TV/film footage (Jokes of stunt action movie / tv)

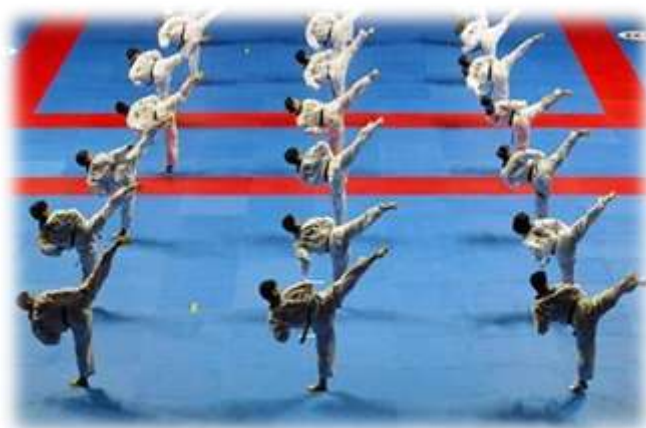
Video presentation: <http://www.youtube.com/watch?v=nyc6-v7qfjQ>



6.2. Children/Youngsters (Classe 12 to 20 years old)



MAIN GOALS	STRATEGIES
Initiation, improvement and specialization in techniques for Martial Arts (Semi Contact / First Point)	Teach Martial Arts (Semi Contract/ First Point)
COMPLEMENTARY GOALS (optional)	STRATEGIES
Participation in sports competitions	Participation in local, regional, national and international championships of Semi Contact, First Point or First Touch and Musical Forms
Execution and participation in shows of Martial Arts, Stunts and Humor.	Teaching Martial Arts Initiation in Stunts and Drama/Acting
Execution and editing of amateur movies (short film)	Learning and development of simple techniques for TV/film footage ("Jokes" of stunt action movie/tv)
Refereeing sports competitions	Teach the athletes refereeing techniques
Organization of events	Organizing local, regional, national or international sports events of Semi Contact, First Point or First Touch and Musical Forms
Video presentation: http://www.youtube.com/watch?v=RO0iDQJ4UuU	



6.3. Adults (+20 years old)






GOALS	MAIN STRATEGIES
<p>Personalized training in accordance with the client's motivation and needs</p>	<ul style="list-style-type: none"> • Martial Art training • Coaching services • Weight loss programs • Strengthening and muscle flexibility program • Relaxing techniques • ...
<p>Personal defense (optional)</p>	<p>Adapting Martial Art techniques to situations of possible violence or assault</p>
<p>Video presentation: http://www.youtube.com/watch?v=uZ7lfzsWdiE</p>	







7.STAFF

7.1. Main staff

EXPERT	PRESENTATION	FUNCTIONS IN THE MARTIAL ART PROJECT <i>SE MUTARE</i>
<p>Arlindo Martins</p> 	<ul style="list-style-type: none"> Accredited Martial Arts Instructor Martial Arts Australia Member Trainer of several athletes medals internationally (eg European and World Championships) A Degree in Sports Sciences (Portugal) Creator of the Martial Arts <i>Se Mutare</i> Founder and Director of the Project of Educational Innovation, Create Another School Complete resume >>> 	<ul style="list-style-type: none"> Main expert (Master/Sensei) Plans, guides and coordinates all the activities (classes, internships, trainings, ...)
<p>Filipe Vitorino</p> 	<ul style="list-style-type: none"> Practitioner of the Martial Art <i>Se Mutare</i> Swimming instructor 	<ul style="list-style-type: none"> Assistant in dynamic classes (support with the english language) Assists in the attending of clients
<p>Sónia vieira</p> 	<ul style="list-style-type: none"> Highschool Teacher Pilates Instructor 	<ul style="list-style-type: none"> Support for dynamic classes on the subject Expression/Drama Assists in the attending of clients

7.2. Consultants (Secondary staff)

EXPERT	PRESENTATION	FUNCTIONS IN THE MARTIAL ART PROJECT <i>SE MUTARE</i>
<p>António Valentim</p> 	<ul style="list-style-type: none"> Clinical Psychologist (Portugal) Director of the Parents School, from the Project Create Another School® (www.criaroutraescola.com) 	Supports and coordinates the Coaching services provided to clients and children's parents.
<p>Albano Santos</p> 	<ul style="list-style-type: none"> PhD in Sport Sciences Sports and Fitness Assessment and Exercise Prescription Expert 15 years of experience in health related fitness academy Professor in university level since 2001. Presently teaching in Polytechnic Institute of Setúbal (Superior School of Education) 	Physical fitness coach (children, adolescents, young adults and high level athletes).
<p>David Chan</p> 	<ul style="list-style-type: none"> Expert in Martial Arts Graduated Film Director Choreographer and stunt man in movie's action scenes Other references: Madstunds (http://www.madstunts.pt/) 	<ul style="list-style-type: none"> Instructor in seminars Director and main choreographer in short films and shows activities
<p>Tiago Silva</p> 	<ul style="list-style-type: none"> Master in Martial Arts Physical therapist Movie stunt man 	Instructor in seminars

8. RESOURCES TO THE OPERATION OF THE PROJECT

Our goal is to find institutions that may be interested in hiring our services, preferably giving us exclusivity in the implementation of those services.

To manage the smooth running of our services we present here the main and secondary resources (optional) that we consider to be the most important ones:

8.1. Facilities/materials:

- Room or gym to regular classes (preferably superior to 100m²)
- Several types of sports and gymnastics material (E.g. thin and thick mattresses, trampolines, ...)
- Several/general sports materials: balls, arches, pins, ropes ...
- Specific Martial Arts materials: rackets, mitts, punching bags used for Martial Arts
- Specific equipment to the practice of the activity: kimono and training protections
- Room for meetings with the staff and Parents
- Stereo / cd player
- ...

8.2. Sports equipment for classes

- Kimono (to be arranged) or training pants with a T-shirt
- Graduation belt

8.3. Classes

- 6-8 years old (School of Ninjas)
- 9-12 years old (School of Ninjas)
- +13 years old (youngsters)
- Adults

8.4. Logistics:

- Publicity to disclosure the existence of the activity, registration of all the people that may be interested ...
- Clients transportation to internships, championships, holiday camps, camping ...
- ...

8.5. Staff's fees:

It will depend on several factors:

- N° of staff involved
- N° of classes/weekly hours
- Exclusivity (or not) of the service
- Types of services to be provided (classes, meetings, internships, trainings ...)

9. CONTACTS

Website: <https://sites.google.com/site/martialartsemutare/>

Email: martial.semutare@gmail.com

Skype: - *arlindo21* (Arlindo Martins, main coach)
- *filipecorreiavitorino* (Filipe Correia, coach assistant)

Address: 121 St. Albans Road East Geelong 3219 VIC Australia

Telephone: 0416814589

MAIN COACH/MASTER:

Name: Arlindo Martins

COACH ASSISTANTS:

Name: Filipe Vitorino

Name: Sónia Viera