



VALKYRIE

WESTERN MARTIAL ARTS ASSEMBLY



Valkyrie Western Martial Arts Assembly is a Vancouver martial arts school with a unique approach to fitness and martial training. Our accessible program integrates historical swordplay, modern boxing and wrestling, and high-intensity workouts to quickly build students' overall fitness and capability in a range of martial disciplines. Our classes are fun, challenging, and rewarding, and give visible results in only a few months.

Our lead instructor team combines 50 years of martial arts and teaching experience with the versatility we need to effectively train a range of students -- from complete beginners to martial arts competitors. Alongside our core programming in boxing, wrestling, and fencing, we also offer training in knife combat and defense, civilian self-defense, sports performance and nutrition, and more.

Our facility at 2603 Kingsway features an 850 square foot sprung training floor, gymnastic rings and parallettes, heavy punching bag and kicking shields, wrestling mats, and all of the safety equipment and training weapons needed to participate fully in our program.



OUR PROGRAMS

The ongoing **Valkyrie Core** program simultaneously develops skills in fencing, boxing, and wrestling. Each 2-hour class begins with a challenging, movement-based workout. The remaining 1.5 hours are devoted to technical drills and sparring in our three central disciplines.

The 4-class **Valkyrie Base** program introduces new students to the fundamentals of our material, and gradually integrates them into our Core classes.





BOXING

Students learn striking techniques from modern boxing, Muay Thai, Karate, Savate, and more. Our tactical drills develop a sense of timing, distance, and footwork, as well as the discipline and focus required to succeed in an unarmed fight.

WRESTLING

Our wrestling practice includes submission techniques for standing and ground fighting. It builds power and stamina, and teaches students to deal effectively with a range of opponents and adapt quickly to any situation.

FENCING

Drawing on the fencing traditions of Spain and Italy, our technical lessons blend historical knowledge with modern sport science to create a unique, effective fencing style. Rapier training is supplemented by weapons such as the knife, longsword, and cane to give our students a broad bladework foundation.

FITNESS

We build strength and capability via a gymnastic, movement-based workout. Our intense, fun sessions provide a huge boost to overall fitness, posture, and mobility while giving the physical foundation needed to succeed in any martial art.

OPTIONS FOR CORPORATE CLIENTS

Whether you're looking for a single, engaging team-building experience or an ongoing wellness option for your staff, Valkyrie WMAA is ready to help. Our newly-renovated facility can accommodate a range of group sizes and activities, and our large crew of instructors is available to travel throughout the Lower Mainland for off-site events.

GROUP CREDIT PACKAGES

Many of Vancouver's top employers are looking to provide long-term fitness incentives for their staff. If you'd like to help your employees get healthier, happier, and more productive on their own schedules, our **Group Credit Packages** are a great choice. Each credit can be redeemed for 1 two-hour class, or 30 minutes of private instruction. Benefits include:

- **ongoing fitness and personal development:** embed your staff in an active, goal-oriented community, and give them long-term support from skilled fitness professionals
- **flexibility:** credits never expire, can be redeemed for a range of classes and services, and packages can be pooled among as many employees as you'd like
- **long-term reporting capability:** want to know who's attending classes, and what progress they've made? We can track team member progress throughout their enrollment
- **scalability:** corporate packages start at just 100 credits, with increasing per-credit discounts for larger bundles



ON-SITE WORKSHOPS

Need to get your team out of the office and shake up their daily routine while building valuable communication and tactical thinking skills? We'll work with you to build a unique, team-building experience at our versatile training facility. Workshops last from 2-6 hours, and can cover a range of topics, from historical swordplay, to mixed martial arts, cutting-edge modern fitness, and practical self-defense. No matter what experience you choose, all of our on-site workshops will include:

- an **exciting workout** appropriate to the group's fitness level and interest
- physical **skill development** that builds mobility, improves posture, and increases your team's confidence in their abilities
- fun **tactical challenges** that encourage teamwork, creative problem solving, and critical thinking
- a unique, **memorable experience** to serve as a touchstone for group cohesion

Tell us about your team and their needs, and we'll build a custom workshop just for you, or you can choose from one of the pre-made packages put together by our experienced team.

OFF-SITE WORKSHOPS

Have swords; will travel! Let us bring the experience to you. From a quick swordplay demo, to a 2-hour workshop at your office, to a multi-day retreat at a local resort or hotel, we can give you the perfectly catered martial arts experience. Our teaching team of 6 instructors is available for travel throughout the Lower Mainland, and we have years of experience teaching in a range of environments -- from university classrooms and hotel conference rooms to private residences and outdoor camps. Contact us with your vision, and we'll build a memorable experience for your team!



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CONTACT US TODAY!

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