



Tsuru Ki Martial Arts School
Okinawa Gōjū-Ryū Karate-Jutsu Kobu-Jutsu
鶴気武道学校冲縄剛柔流空手術古武術

Hainesport Mayors Wellness Campaign

Martial Arts for Health and Well-Being

Tsuru Ki Martial Arts (phonetically: suru-key) has been serving the Hainesport and local communities since 2011. Tsuru Ki is a unique traditional Martial Arts School with verified lineage and certification in Okinawan and Chinese Martial Arts. We offer instruction in Okinawan Goju Ryu Karate, Yang Style Tai Chi and Fujian White Crane/Chi Kung.

Sensei Cianelli has been studying the martial arts for over 30 years and has made several trips to Japan, Okinawa, and Taiwan to study and train. He continues to actively train to be able to offer more knowledge of the martial arts his students. His approach to teaching is personalized to each person to get the most out of them recognizing that each person is unique and has different priorities and goals. The martial arts programs offered at Tsuru Ki have been proven to work over many years and provide those that are willing to put some time and effort into the endeavor a significant improvement in overall health and well-being as well as an improved skill set of self defense.

When you think of martial arts and are a non-martial art practitioner, usually what comes to mind are powerful, sophisticated, sometimes even aggressive forms of self-defense and physical combat. The fact is that martial arts can also be a great support for more balance, relaxation and inner peace. If you're looking for a healthier lifestyle, for a way to achieve a higher sense of calmness and relaxation, then look no further than martial arts. Martial arts allow you to get the most out of life, physically, spiritually, and mentally.

Because martial arts are physically demanding, it encourages you to eat healthier, and improving your diet will become second nature because your body will require more energy. Martial arts improve your mental health by teaching you how to meditate and connect with your spiritual energy.

Through exercise and the use of proper breathing techniques, your body will release a healthy amount of endorphins that help you feel stronger, fitter, and healthier each and every day. Martial arts are a great way to improve your mental and physical health.

Tsuru Ki offers three programs geared to health and well-being by nature with a self defense aspect to each. The Karate program is offered for children and all adults/seniors ages 5 and up. The Tai Chi and Chi Kung programs are more specialized and geared to adults/seniors.

At Tsuru Ki you will find a very welcoming and friendly atmosphere. There are entire families that train together including Sensei Cianelli's wife and daughter. In some cases parents have signed



Tsuru Ki Martial Arts School
Okinawa Gōjū-Ryū Karate-Jutsu Kobu-Jutsu
鶴気武道学校冲縄剛柔流空手術古武術

the children up and then enrolled themselves. Most of the students have been with Sensei Cianelli since 2011. Students will tell you it's a fun filled atmosphere, but emphasis is on learning true martial arts.

The following outlines some key benefits of each program:

Okinawan GoJu Ryu Karate	Yang Style Tai Chi	Fujian White Crane/Chi Kung
<p>A complete system of karate/Self Defense that aids in:</p> <ul style="list-style-type: none"> Improving overall feelings of well-being Improving mobility, balance, flexibility, and muscle strength Improving Self-Esteem/ Self-Confidence Improving Mental Focus - learning new skills keeps your mind sharp Improving cardiovascular fitness Improving Agility - balance and coordination are key areas of training Stress Reduction - our fun yet challenging classes will keep you balanced Self Defense – our program is based on real world self defense for todays environment. You will learn practical self defense that is based on proven techniques that work. Added Bonus – Traditional Weapons used for improving coordination and dexterity 	<p>Non Ballistic Exercises</p> <ul style="list-style-type: none"> Improving overall feelings of well-being Reducing anxiety and depression Improving mobility, balance, flexibility, muscle strength Increasing energy, endurance and agility Improving Mental Focus Improving Balance - Reducing falls in older adults Improving sleep quality Lowering blood pressure Improving cardiovascular fitness Relieving chronic pain Stress Reduction Self Defense Added Bonus – Traditional Weapons used for improving coordination and dexterity 	<p>Non Ballistic Exercises and forms for:</p> <ul style="list-style-type: none"> Improving overall feelings of well-being Promotes Healing of muscles and joints Strengthening muscles & joints. Improving breathing Increasing energy, endurance and agility Improving Mental Focus Improving blood circulation Lowering blood pressure Improving internal and external strength Improving cardiovascular fitness Relieving chronic pain Stress Reduction Self Defense Added Bonus – Traditional Weapons used for improving coordination and dexterity



Tsuru Ki Martial Arts School
Okinawa Gōjū-Ryū Karate-Jutsu Kobu-Jutsu
鶴気武道学校冲縄剛柔流空手術古武術

Sensei Cianelli is offering a **FREE Introductory Workshop** to be held on Saturday, April 24, 2021 from Noon to 1:00 pm (rain date TBD, if needed) at the Hainesport Municipal Complex, Pavilion.

Anyone wanting to get started with their journey sooner can contact Sensei Cianelli or visit his school located in the Health Haven Plaza 1381 Route 38, Hainesport, NJ 609-458-2232 on any regular class night Monday 6:30 pm, Tues/Thurs 6:00 pm / Sat 10:00 am for more information and a FREE class.

The goal of the workshop on April 24 is to provide an introduction to the martial arts programs offered by Sensei Cianelli. It will be an interactive workshop where you can experience the Chi Kung Exercises, Tai Chi and Okinawan Karate.

- Chi Kung – roughly 20 minutes of exercises geared to promoting better breathing and circulation
- Tai Chi – Basic warm up exercises geared to promoting loosening of the body muscles and joints followed by a short introductory form
- Karate – Basic warm ups and exercises geared to learning techniques/concepts that we use in the system

Wear comfortable loose clothing, shoes, and hat and bring water.

Sensei Cianelli is looking forward to seeing you Saturday, April 24, 2021 from Noon to 1:00 pm (rain date TBD, if needed) at the Hainesport Municipal Complex, Pavilion. Come on out and get your martial arts journey started. You are never too old to get started, just ask Patricia Phillips our oldest student at 71 years young getting ready to test for her black belt.

If you have questions please contact Sensei Cianelli at 609.458.2232/Tsurukigojuryu@yahoo.com or stop by the Health Haven Plaza 1381 Route 38, Hainesport, NJ 609-458-2232 on any regular class night Monday 6:30 pm, Tues/Thurs 6:00 pm / Sat 10:00 am for more information and a FREE class.

Regards,

Steve Cianelli, Sensei (6th Dan/Shihan)
Head Instructor
Tsuru Ki Martial Arts
Shibu Dojo 鶴気武道支部道場