



Sifu ZAYA's

TCB Martial Arts
all techniques into one



Sifu ZAYA

Dedicated full time to the study and the teachings of the Martial Arts since 1990

Holding Multiple Black Belt Degrees in Martial Arts.

Since 1997 with knowledge expanding from teaching, training fight team members resulting in numerous competition wins and titles in full contact karate, kickboxing, grappling, pankration and mixed martial arts.

Providing and organizing training courses for officials in judging, refereeing and inspectors role in conjunction with the NSW Combat Sports Authority. Coordinator of the first training course for the first UFC event Debut in Australia, included two UFC veteran officials from the Nevada State Athletic Commission.

National director of Australian organizations:

- Australian Mixed Martial Arts Sports Association
- Australian Ju-Jitsu Sports Federation

Representative and recognized Member:

- Global Association of Mixed Martial Arts
- United World Wrestling
- World Pankration Athlima Committee
- Ju-Jitsu International Federation
- UAE Jiu-Jitsu Federation

President of the Australian Mixed Martial Arts Sports Association, an approved amateur body under the Combat Sports Act 2013, with MMA accreditation courses for officials and program pathways been reviewed and approved under the combat sports act.

Sifu ZAYA Martial Arts Ranks

- Black Belt 6th Degree in TCB Martial Arts
- Black Belt 5th Degree in Pankration/MMA
- Black Belt 5th Degree in Karate
- Black Belt 4th Degree in Kung Fu
- Black Belt 1st Degree in Vale Tudo/Jiu-Jitsu
- Black Belt in Ju-Jitsu



Sifu ZAYA Coaching Qualifications

- Accredited Instructor by the Australian Martial Arts Industry Association (MAIA)
- Accredited Coach Level 4 in Martial Arts Sports Coaching (ACSD)
- Certified National, International Pankration Coach (GREECE)
- World Black Belt Bureau Certified Instructor (USA)





TCB Martial Arts Systems Contains and Teaches

- Basic stances
- Basic foot work
- Basic blocks
- Basic Forms
- Punching and kicking
- Elbow and knee strikes
- Punch kick combinations
- Tactical self defence
- Combat sparring
- Breathing
- Physical and mental conditioning
- Dealing with multiple attacks
- Basic ground fighting
- Weapons
- Faith
- Spirit
- Discipline
- Respect



Acquiring the knowledge in teaching or studying the martial arts is not only for the developing of refined techniques, but also to achieve success in combat sports, or real life situations.

The TCB Martial Arts systems are not just a fighting systems the systems are designed in the traditional principles and concepts of martial arts. The training in the systems provide individuals all the need to achieve any set goals, better life style, health and fitness to be a better person, to be a champion, to be a professional fighter, to be a teacher, to protect yourself or a loved one.

Learning true martial arts is not just about kicking and punching and wining fights, true martial arts is about faith, spirit, discipline and self respect in the words of my kenpo instructor Mr Speakman fear none respect all.

TCB Martial Arts Provides the basic and essential ingredients that are missing today in many mixed martial arts kicking techniques, foot work, balanced movements, forms, set combinations, self defence, self defence against weapons, dealing with multiple attackers and avoiding trouble.

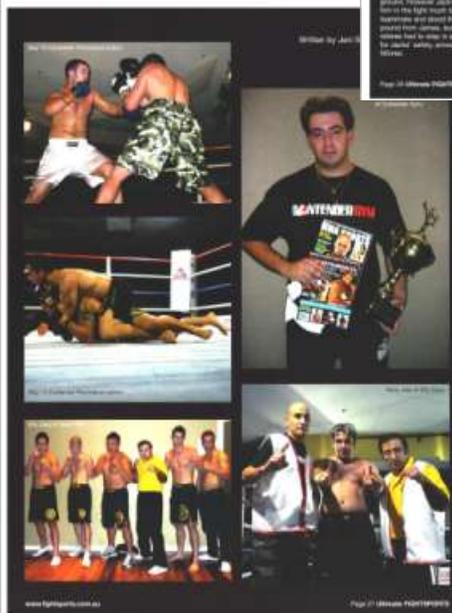
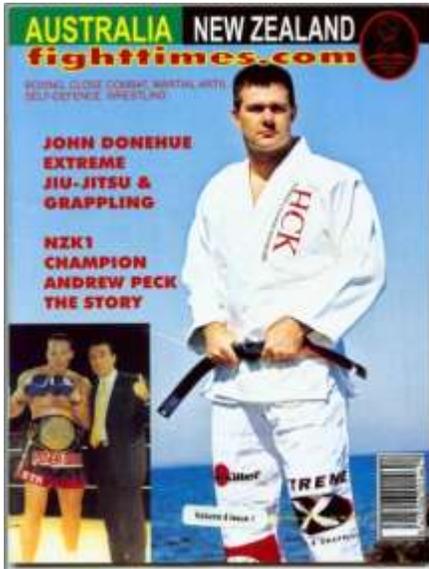
TCB MARTIAL ARTS CREED

More self respect, more respect for fellow man, respect for fellow students and instructors, respect for all styles and techniques, and freedom from competition. I come to you with only empty hands, I have no weapons, but should I be forced to defend myself, my principles or my honor, should it be a matter of life or death, of right or wrong, then here are my weapons, my empty hands.

The Creed taken from the TCB Technique Oath and the Kenpo Karate Creed, that has played a big Influence on me and representing my Principles and Believes.
Sifu ZAYA



Sifu Zaya
 Documented History By
 International Seminars and Australia's
 Martial Arts Magazines



The 6th Asia-Pacific Conference
 on Exercise and Sports Science
 Caring for the Future Generation:
 A Holistic Approach Leading towards Health and Active Living
 第六屆亞洲太平洋運動科學大會

會議手冊
 Programme

Date: November 2-4, 2013
 Venue: Sports Center, Chinese Culture University, Taipei, Taiwan
 Website: <http://apcexs2013.pccu.edu.tw>
 The project is guided and sponsored by
 Sports Administration, Ministry of Education
 Ministry of Foreign Affairs
 Bureau of Foreign Trade, Ministry of Economic Affairs

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|-------------------|--|---|--|---|---|---|---|
| 14:30pm - 15:30pm | Workshop: "Databases for Self-Content Assessment to Help British Airforce Cadets" | Prof. Dr. Akashita Yoshitake Former President, Japan Council of Exercise and Sports Science, President of the Institute of Sport and Health Science, Professor, Graduate School of Education, University of Tsukuba, Japan | Japan Nagasaki University | 16:00pm - 18:00pm | Workshop: "Teaching the Sport Ball in School and the Role of Biomechanics" | Chia-Min Liao President, National Sun Yat-sen University, Taiwan | Taiwan National Sun Yat-sen University |
| 15:00pm - 16:30pm | The Book 5:2 | | | 18:00pm - 19:00pm | Symposium 3:2 | | |
| 18:00pm - 19:00pm | Symposium 3:1 Adapted Physical Education 3:1:1 Chairman: Assoc. Prof. Dr. Shih-Hsiang Chen Faculty of Physical Education and Education, Department of Health and Physical Education, The Hong Kong Institute of Education, Taiwan | Symposium 3:2 Biomechanics 3:2:1 Chairman: Assoc. Prof. Dr. Hsueh-Fu Yang Department of Physical Education, Chinese Culture University, Taiwan | Symposium 3:3 Exercise Science and Education 3:3:1 Chairman: Prof. Dr. Loretta Frang Faculty Division of Undergraduate Research and Experiential Learning, Department of Exercise Science, University of Tampa, USA | Symposium 3:4 Exercise Psychology 3:4:1 Chairman: Dr. Chen-Chow Tseng Department of Sports Science, Graduate School of Health and Sport Sciences, National Kaohsiung Normal University, Taiwan | Symposium 3:5 Exercise Psychology 3:5:1 Chairman: Dr. Chen-Chow Tseng Department of Sports Science, Graduate School of Health and Sport Sciences, National Kaohsiung Normal University, Taiwan | | |



Sifu ZAYA

Australian Director and Representative
of International Organizations

