

## About the Instructor

Kevin R. Seaman began his martial arts training in 1970 in Southern California. To date he has achieved advanced instructor levels totaling eight Black Belts in seven different martial arts systems, is a certified boxing coach, certified police defensive tactics instructor, and published author.

Mr. Seaman is one of a handful of selected individuals in the world to hold a full instructor credential from Dan Inosanto to teach Bruce Lee's Jun Fan Gung Fu and the art and philosophy of Jeet Kune Do. His instructor for the past 21 years, Dan Inosanto, was Bruce Lee's top student and protégé.

He is the New York State Representative of the Thai Boxing Association of the USA and had the honor and distinction of his school being rated the #1 program in the country in 1998 by the President of the TBA/USA, now over 30,000 members strong. He has to date produced 22 certified instructors, notably significant out of the over 100 TBA branches in the United States.

Mr. Seaman is a three time Hall of Fame inductee, being inducted into the ZDK, AMA and World Martial Arts Hall of Fame's. In 2001, he was honored for a Diamond Lifetime Achievement Award in Atlantic City, at the largest Black Tie event of it's kind ever, in the history of the martial arts.

Mr. Seaman has an extensive background in the education and coaching of dozens of competitors in Thai boxing, kickboxing, boxing, shootwrestling and full contact stickfighting. He has had a positive influence on the athletic careers of high school and collegiate athletes, Golden Gloves State Champions, Empire Games medalists, national champions, All Americans, and international champions.

Kevin Seaman has competed in the martial arts on a regional, national, and international level as "Eastern National Champion" in both floor forms and full contact sparring. At the age of 37, Mr. Seaman was a World Champion Silver Medalist in full contact stickfighting, competing in south east Asia at the 1992 World, Kali, Arnis Championships at the Aquino Memorial Stadium in Manila, Philippines.

Kevin Seaman owned and operated his East West Martial Arts Academy from 1986-2004, one of the largest premiere martial arts training centers of it's kind in the state of New York. In addition to being the director and chief instructor at the East West Academy, he has taught as a course instructor in the Physical Education Department at Cornell since 1993, where he currently teaches more classes in the Physical Education Department than any one individual at Cornell. Kevin Seaman has taught the martial arts, helping to empower thousands of students of all ages on a vocational level for over 30 years.

*"Is not how much you learn, but how much you've absorbed and how readily you can apply what you learned that will determine your success." -Bruce Lee*

## Kevin Seaman's Personal Training System



Professional Martial Arts  
Instruction  
Private Classes

**Learn the Martial Arts  
One on One  
or Semi-Private**

**OFFERING THE VERY  
FINEST IN MARTIAL  
ARTS TRAINING!**

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# I Learned a Long Time Ago, If You Want To Be One Of The Best...

## In My Opinion

The ability to defend one's self and the strength and confidence that are developed with it, are not mysterious secrets that take years and years to learn. They can be achieved quickly through a progressive training program that when properly followed develops the individual's ability to defend themselves, increases self awareness, as well as strength, and self-confidence. *Personal Training will make you Excellent faster than any other method. If want to be one of the best, train with one of the best!*

## What I Teach



### BRUCE LEE'S JEET KUNE DO

World Famous Martial Arts  
Expert Bruce Lee's Personal  
System of Self Defense

This is one of the most effective Self Defense Systems in the World. It was taught to me personally by Bruce Lee's Top Student and Protégé, Dan Inosanto. I have studied with Mr. Inosanto for the past 21 years and am one of his most senior students. It's a no-nonsense approach to personal protection. Very logical, easy to understand.



**THAI BOXING:** The Most  
Dynamic Form of Kickboxing in the  
World today

Developed from the unique culture of Thailand, Thai Boxing is a blend of art, science and sport. The Thai art is a very powerful ring fighting method, yet is also

an excellent form of physical conditioning and street self - defense. I had the outstanding opportunity to train for over 20 years with the World's Leading Thai Boxing Authority, the only man recognized by the King of Thailand teaching this native art outside of his country. I have produced 22 instructors in Thai Boxing and taught this art to thousands.



### COMBAT SUBMISSION WRESTLING

A Modern Blend of the Very Best  
Grappling and Kickboxing taught to me  
by Undefeated World Shootwrestling  
Champion Erik Paulson

If you want to experience one of the most incredible workouts and learn a well rounded system of Martial Athletics, this is for you! My teacher, Erik Paulson has competed and trained in this art with some of the BEST in the World. He has been in the corner of some of the top World UFC Champions.



### FILIPINO MARTIAL ARTS

This is an Eclectic Form of Stickfighting  
and Self defense that Evolved as a  
means of Preservation in the hostile  
environment of the Jungles of the  
Philippines.

This is one martial art that truly equalizes your chances of survival in even the most dangerous circumstances, yet is also an amazing method of increasing your coordination and fitness, keeping both your mind and your body SHARP! I have studied with many of the leading exponents of this Martial Art for nearly 30 years now. My skill in this art made me a World Champion, competing Full Contact in the Orient in 1992.



### BOXING

One of the oldest forms of competition known, Boxing has increasingly become the sport of choice for many people. An Absolutely Amazing Workout, Boxing's simplistic method has few techniques and is very easy to learn.