

# School of the Two Skies



My quest to find health and happiness in the shape of a size 'S' dress took me to Ni Tien Martial Arts School (meaning 'school of the two skies' in Hakka Chinese), where I asked student Anne-Joelle how she had benefited by taking up a martial art.

Toned and svelte, she's a walking testimonial for the discipline. If this is what martial arts can do for a woman the same age as me, and with two children, then I'm definitely in.

**EL:** How did you find out about the class and what made you take it up?

**AJ:** I attended a massage seminar, and at the end Fred Evrard, the speaker and founder of the school, told us about Ni Tien. I took up the kali class and the tai chi class mainly because I wanted to get fit, but I continued with it because I like the spirit of what I'm doing and I like the way we train. I'm entitled to attend three sessions per week, which means that I can progress quite quickly. At the same time it's good for my health and posture, and there is a spiritual side to it as well.


**EL:** Have you noticed much of a physical change since you joined?

**AJ:** It has increased my stamina a lot, I have more energy and I'm more toned. I feel that my cardio fitness has improved also. It teaches us to control emotions and I feel calmer during my daily life.

**EL:** I notice your children are here with you.

**AJ:** Yes, they take the Discovery Class, because they are so young; Matti is three and Lisa is four. It's a lot of fun for the kids because they run around as fast as they can and give all the energy they have, but they've also learned discipline. Their ability to coordinate their arms and legs and distinguish between left and right has improved a lot, and they've also made a few nice friends.

**EL:** Would this class suit a beginner like me?

**AJ:** I started from scratch here myself, and I would definitely recommend the classes both for beginners and for people very advanced in the different martial arts. Some other schools expect you to be good when you join. I've seen a lot of the other students training and they've progressed at a very fast pace. 

by Jade McLean

Ni Tien is close to Tanjong Pagar MRT. Call 9030 0844 or read up on their courses on [www.nitien.com](http://www.nitien.com).