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## 135 YEARS OF BLACK BELT TRADITION

Ron Beer Family Self Defense stands out from the competition with a well respected and hard earned black belt tradition. Besides the high quality instruction of Ron Beer, a fully certified national coach, law-enforcement trainer, and martial arts instructor, students benefit from the school's many black belts who have dedicated years of hard training under Ron's personal tutelage to achieve a standard of quality that is seldom reached in today's world of "instant" black belts.

Today, many martial arts clubs lower the standards of this iconic rank, and also of their own students, by simply handing out black belts upon payment. However, Ron Beer Family Self Defense doesn't believe in instant black belts, and instead expects a commitment of six to ten years of dedicated training under its highly skilled and qualified instructors to earn this standard of excellence. Most importantly, however, is the willingness of students to stick with the training over a long period of time in order to properly hone a wide variety of practical and time-tested self defense skills. Besides offering a full, structured curriculum consisting of boxing, shoot wrestling, Karate, Judo, and weapons training, the school's longevity is also fostered through many other unique features.

For instance, Ron Beer's high level of standards is quickly apparent. Ron has assembled an effective system of self defense based on his famous Advanced Officer Safety Program, FSD Boxing Program and the Shoot Wrestling Canada Program. In addition, Ron is always on the mats supervising while providing invaluable tips and offering encouraging advice to his students. All classes are taught in a small, casual setting by Ron to enhance the quality of learning, and to ensure each student overcomes their own personal limitations in a safe manner and under the watchful and encouraging eyes of both Ron and his dedicated black belt instructors.

Furthermore, the school's method of training is



very hands-on and partner oriented, and extends well beyond the realm of simple, individually performed patterns. Students actually work together, fostering teamwork and partnership while overcoming adversity, bad habits, and personal fears. Indeed, a partner is needed for the practice of hands-on practical skills, and also nurtures a strong atmosphere of camaraderie. The small student to teacher ratio allows for each student to focus on their own limitations, at their own pace. For example, if there are 18 to 24 students on the mats, there will often be three to four instructors. Finally, this type of training environment fosters the feeling of family, while allowing for character development such as social competence.

When the time comes for advancement to the black belt level, students are tested under a merit system in front of their peers. Students must prove to their training partners that they've reached and perfected the necessary skills to competently wear a black belt and represent the school's high standards of excellence. Black belt testing is usually only conducted once a year. Students must also be 16 years of age to be eligible.

For more information please call 905-294-6044 or visit [www.grappling.ca](http://www.grappling.ca)

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## Markham Furniture's custom sofas and chairs offer consumers affordable quality

The reputation of Markham Furniture as a quality furniture manufacturer extends throughout the GTA and beyond. Winner of several Readers' Choice awards in both the Markham Economist and Sun and the North York Mirror, this family-operated business is a favourite among discerning consumers who want the very best in home furnishings.

"This is a real family business, where everyone gives that extra effort," says owner Bill Rizk. "We are also supported by a staff of extremely skilled workers who have, on average, 30 years' experience in the furniture industry."

Rizk, himself, has been a furniture specialist for 30 years, and in 1998 opened his own manufacturing facility to accommodate custom orders of high-end sofas, chairs and love seats. Brisk sales and an increased demand for the company's own brand of furniture prompted Rizk to open a second location two years ago, in the Yonge St. and Lawrence Ave. area.

Introduced in 1998, Markham Furniture's own line of sofas is constructed using quality materials and superb craftsmanship. At the company's showroom, customers can browse the various styles available and order a sofa or chair that is manufactured to a customer's exact requirements. Hot in today's furnishings market is the upholstered ottoman, and Markham Furniture is busy filling orders for this popular piece.

"We manufacture a lot of table-top storage ottomans that are multi-purpose," Rizk says. "These pieces can be as big as three feet and are large enough to hold a serving tray. The top also lifts up to provide extra storage space."

From leather sofas to reclining chairs, Markham Furniture's handcrafted pieces feature hardwood frames and coil springs. Many choices of seating firmness (soft, medium or firm) are available, as well as deluxe, down and feather.

In addition to offering brand new sofas and chairs, Markham Furniture provides expert reupholstering services for a wide range of furniture, for less than the cost of buying comparable new furniture. Sofas, sofa beds and



tub chairs are restored to their original beauty and design. Family heirlooms and treasured pieces are beautifully finished to become the focal point of any room.

Because Markham Furniture manufactures its own sofas and chairs, customers enjoy incredible prices for high-end, top quality furniture. The company sells its pieces for 30 to 40 per cent less than comparable furniture on the market. Because the furniture is custom designed and finished, customers receive even more value for their investment. Floor models at the company's showroom can also be purchased at discounted prices.

"All of our products come with a lifetime warranty on frames and springs," Rizk says. "Customers want custom-built sofas that are stylish, durable and affordable, and we are pleased to offer these products."

Markham Furniture is located at 1020 Denison Street, Unit 115, one block west of Warden Avenue (905-947-9575) and at 3335 Yonge Street two blocks north of Lawrence Ave. (416-640-0220).

Visit online at [www.markhamfurniture.com](http://www.markhamfurniture.com)

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