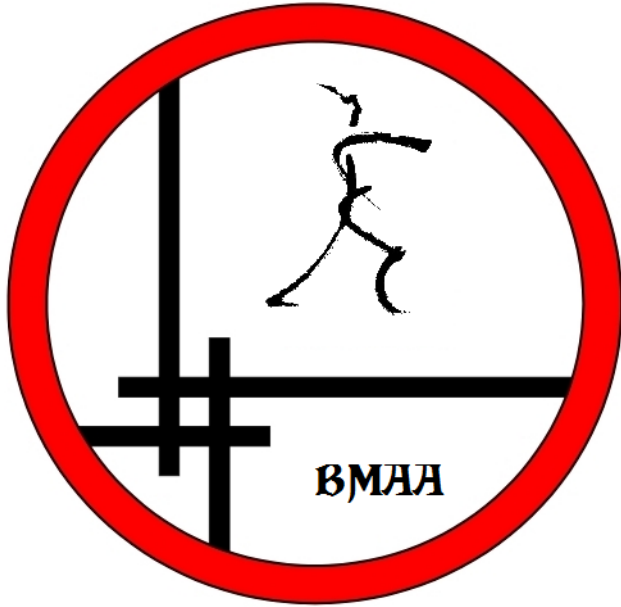


BMAA

BASHAW'S MARTIAL ARTS ACADEMY



603-562-7525 or 603-418-4382

Nia NH and Yoga

76 Route 101A

Amherst, NH

KHY

A Complete System of Martial Arts

Tai Chi

<http://bmaa.yolasite.com/>



*Daniel: So, karate's fighting. You train to fight.
Miyagi: That what you think?
Daniel: [pondering] No.
Miyagi: Then why train?
Daniel: [thinks] So I won't have to fight.*

The Karate Kid (1984)

A lineage that comes out of the temples of Japan in 1235 AD; a martial art recognized by the World Martial Arts Hall of Fame and the World Karate Union Hall of Fame; True Self-defense with a complete system based off the ancient warrior monks of Japan; a true warrior-healer-mystical martial art: Kosho Hoho Yooga.

KHY

KHY or Kosho Hoho Yooga (Old Pine Tree Method of Unity and Self-discipline) is a sohei or warrior monk based martial art based on the concepts of Natural Law. Utilizing tai chi forms as its basis and a Buddhist based philosophy this unique martial art visits the escaping, controlling and destructive arts. Students also explore philosophy, healing arts, energy-work, and shamanic spirituality as part of its program. Uniforms, sparring equipment, and weapons not included in tuition. Tuition is based on an 8-week cycle.

Cost: [\\$180 for 90 minute class for an 8 week session](#)

When: [Sunday 6p-730p](#)

Tai Chi for Health

Within the 8 week session participants will learn the first and basic tai chi form "Mizu Dansu" or "Water Dance" of the KHY Tai Chi for Health system. Participants will learn a number of set chi kung exercises as well as be introduced to the concepts and philosophies of Traditional Chinese Medicine as it related to Chinese Yoga, Tai Chi, and dis-ease. As sessions are repeated the depth of understanding and health benefits move from a basic level to intermediate to mastery.

Cost: [\\$120 for a 45 minute class for an 8 week session](#)

When: [Tuesdays 6. to 7 p](#)



Instructor:

Christopher J. Bashaw, PhD/MA, DD, RN, Soke

Kosho Hoho Yooga is an American eclectic Martial Art, developed by Christopher Bashaw, soke, Family Head. Kosho Hoho Yooga, or "Old Pine Tree Method of Unity and Self Discipline", a martial blending of Kosho Ryu Kempo and Tai Chi. Kosho Hoho Yooga takes the traditional conceptual teachings of the Japanese Warrior Monk of 1235 AD (true self-defense, healing, and spiritual arts) and makes it applicable for the 21st century.

Christopher holds black belt ranking in multiple martial arts styles. He was awarded his Hachidan (8th degree black belt) from the World Martial Arts Hall of Fame in Cleveland, Ohio in 2006. In January 2007 Christopher was inducted into Action Magazine Martial Arts Hall of Fame. And in June of 2008 Bashaw was inducted into the World Karate Union as "Founder of the Year". Christopher has been a Registered Nurse for over 2 decades, including pediatrics, military, pain care, recovery room, occupational health, drug and alcohol recovery, insurance case management, and rehabilitation. And over the last 20 years he has become certified as a Reiki Master/Teacher, developing his own system, Kokoro Ryu Reiki System of Natural Healing, and given permission in his lineage by Laura Grant, RMT to proceed with that system; Christopher is also the founder of Shugendo Yoga, a spiritual, gentle healing form of yoga which is done by Kosho Hoho Yooga-ka as well as students outside the system; he has taken vows as a Buddhist Lay Priest and now practices and teaches Universal Buddhism as part of his curriculum. He holds a Doctorate in Divinity as well as a PhD/MA and the title of Professor. He incorporates western herbalism, internal and external Chi Kung healing, and Shamanism into his practice and the art of Kosho Hoho Yooga. He developed Koshonic Body Stress Release © and is now teaching it privately to select students who are opening their own successful practices. Bashaw is also a renowned psychic and medical intuitive. Christopher is available for private readings and sessions. Christopher is a founding member of WaShin International. Bashaw, soke, is also a CNFT^(Certified Natural Fitness Trainer).



KHY mon