

F.I.L.E.S. Quick Fire Q & A Interview With SIMON POSENER

If anyone in the city were to comprise a list of the top martial artists, top instructors, and top martial art schools in the lower mainland Simon Posener of Posener's Pankration and Muay Thai / Kel Lee's Academy of Martial Arts would be a natural candidate to top those lists. And with good reason. Posener has been a trail blazer and a mainstay in the Vancouver martial arts scene for over twenty years and has personally trained some of the best competitors this city has ever produced. F.i.l.e.s News is proud to present quick fire Q & As' with this local martial arts institution.



F.i.l.e.s.: How long have you been teaching martial arts?
Mr. Posener: Over 20 years.

F.i.l.e.s.: How long has Posener's Pankration and Muay Thai Kel Lee's A.M.A. been open?
Mr. Posener: The original school opened in 1986.

F.i.l.e.s.: What would you say are the reasons for the success of Posener's Pankration and Muay Thai?
Mr. Posener: Personally, I attribute a lot of the school's success to the focus and intention of applying the

principles of mental discipline that I have learned; things like: focus, dedication, accurate thinking, and desire are important. Traditionally, I try and continue to develop a non-quitting spirit. Stylistically, I've always been taught and been aware of the need to develop and teach a complete martial art that is at the forefront. My students, in my opinion, to a large degree, recognize and appreciate that fact. Also, we have a flexible schedule and offer unlimited training with a diverse curriculum.

F.i.l.e.s.: What do you think are the best features of Posener's Pankration and Muay Thai?
Mr. Posener: I think the best feature is that we are a mixed martial arts school emphasizing traditional philosophy. Our style is well rounded of striking and grappling and we provide excellent benefits of self-defense, fitness, mental discipline and sport applications. We also have excellent experienced instructors who are well versed in our style.

F.i.l.e.s.: What do you think accounts for the longevity and popularity of Posener's Pankration and Muay Thai?
Mr. Posener: We have a strong style and lineage. I've been fortunate to have had excellent instructors who have shown me the possibilities. The fact that I am constantly studying and trying to improve my teaching methods, I think, has helped. Pursuing a high standard also helps to develop excellence. Also, we have a consistent methodology and I love martial arts and running a school.

F.i.l.e.s.: How are you able to accommodate such a diverse clientele, everyone from kids, to women, fitness, self-defense, to amateur and professional competitors?
Mr. Posener: I feel I have learnt some skills over the years, and we offer a diverse curriculum. I also have some ability to coordinate multiple objectives and develop various types of individuals.

F.i.l.e.s.: What are the programs and classes you offer?
Mr. Posener: We offer Pankration/MMA, Muay Thai Kickboxing, Submission Wrestling, Cardio Muay Thai, and Weapons.

F.i.l.e.s.: What is your teaching style and philosophy?
Mr. Posener: Our goal in philosophy is constant improvement. We employ a traditional philosophy while using a practical style as our vehicle to providing benefits that are encompassing. I strive to develop a students full potential in a balanced manner. Also, our style is to keep the classes challenging, variable and geared for a high level.

F.i.l.e.s.: People are beginning to realize the martial arts have something for everyone, what do you think the benefits of martial arts are?
Mr. Posener: The main benefits are self-defense, fitness, mental discipline and sport applications.

F.i.l.e.s.: Many local fighters and top martial artists got their start with you, who are some highlights for you?
Mr. Posener: My current instructors are excellent: Paul Gibbons, Costa Rojas, George Kassimatis, Victor Wang, and Emilio Ditrocchio. I have also had the honour and privilege to help develop many excellent martial artists.

F.i.l.e.s.: What's next for Simon Posener and Posener's Pankration and Muay Thai?
Mr. Posener: I'm expecting to continue to evolve and be progressive in our style and teaching methods so I can continue to improve the results in the benefits I provide, and be a force for positive change.

F.i.l.e.s. News wishes to sincerely thank Simon Posener for taking the time to let our readers know and for being an outstanding ambassador for martial arts in Vancouver. We at F.i.l.e.s. News further wish Simon Posener, Posener's Pankration and Muay Thai / Kel Lee's Academy of Martial Arts continued success in all their future endeavours.

BEST OF THE BEST INSIGHT Q & A by F.I.L.E.S. Coverage Sniper Jonathan Hambly aka HAMBURGLER

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POSENER'S PANKRATION BEST OF THE BEST Insight

Article courtesy of F.I.L.E.S. Coverage Sniper Will Turner aka No More Mr. Nice Guy



Photos by www.masiphotography.com

Simon Posener is a former North American Professional Muay Thai Champion, former Pacific Northwest Professional Pankration/MMA Champion, Canadian Professional Kickboxing Champion, World Amateur Kickboxing Champion, and has fought for over 12 titles over his career and competed in close to 70 tournaments.

It is hard to find a gym that works for everyone. As a grown man, you can't train at a gym for children. What if you're a woman looking for quality kickboxing to stay fit? Traditional martial arts are great, but what if you want to fight? If you want to fight, what if the gym doesn't offer your style? If it does, what if it is full of overly aggressive tough guys that ruin the experience for everyone? Posener's Pankration appeals to a wide range of interests and has provided many benefits over the years.

Students can take advantage of three decades of Martial Arts experience under the esteemed Simon Posener. Posener's Pankration is the style name that operates out of Kel Lee's Academy of Marital Arts, a facility with split levels that allow for multiple classes to operate throughout the day. Children develop confidence, respect and mental discipline while learning Muay Thai, Karate and Submission Wrestling.

Those seeking a tremendous cardio workout are welcome to try the Cardio Muay Thai classes that run almost every evening of the week. Posener trained under Master Songlith Singthong and his Muay Thai training will bring out your best. For variation, couple your cardio Muay Thai with the traditional Muay Thai or Submission Wrestling for superior fitness. Professional MMA fighter and Pankration/Submission Wrestling Instructor Costa Rojas trains under the maxim: "You can know every move and every hold, but if you don't have the cardio to use them, they're useless."

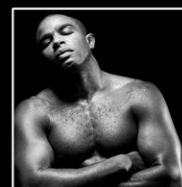
Those looking to fight can train Pankration/MMA, Muay Thai, Submission Wrestling, and Shootboxing to become well rounded competitors. "Our style borrows from all of these disciplines to create an effective training program that is direct and streamlined for MMA competition," says Posener, who trained under legendary MMA coach Matt Hume. "To be successful in MMA, you need to have strong Muay Thai, Wrestling and Jiu-Jitsu."

Evidence of the efficiency of the Posener Pankration system, fight fans in the Lower Mainland might recognize accomplished instructors George "Furious" Kassimatis, who is the NAC and Valley Fight Champion, and Victor "The Dragon" Wang, who is the BC Muay Thai champion and a professional MMA fighter, as well as up-and-coming pupils Joe Halfar in Muay Thai and Emilio Ditrocchio in MMA/Pankration, from events around the city.

And the tough guys who ruin a good workout? Don't worry about them. Simon Posener is a former North American Professional Muay Thai Champion, former Pacific Northwest Professional Pankration/MMA Champion, Canadian Professional Kickboxing Champion, World Amateur Kickboxing Champion, and has fought for over 12 titles over his career and competed in close to 70 tournaments. He has trained close to 40 students to their black belt and 7 to multiple degrees of black belt. He has trained close to 20 champions in various disciplines from local to international to world championship levels. Between Master Posener, and the team that he has assembled to train, including Tahra Gableman-Van Deusen who runs a school now in LA who recently won in a kickboxing match for the world combat league, Paul Gibbons, a 3rd degree black belt with over 20 years experience in the style, and Sebastian Amenta, former Canadian, North American and Inter-Continental kickboxing champion with almost 20 years in the style, the egos are left at the door. Classes attract students with a lot of talent, but who understand that courtesy, integrity and respect go hand in hand with training.

Posener's Pankration is located at 2916 Graveley Street in Vancouver, and a free trial lesson is available by appointment. For those interested in learning more, please visit the Posener's Pankration website at www.kelleesama.com, www.PosenersPankration.com or join the Posener's Pankration Facebook group.

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