

## The One Tree System

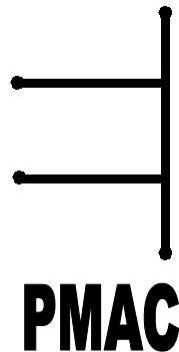
**One Tree** is a complete system of warrior instruction of gathered, organized, cultivated and harvested ancient philosophies, concepts and trainings from ancestral teachings



now preserved for future generations so they are not lost forever.

The system includes multicultural aboriginal teachings

from several ancient nature-based cultures that include martial, shamanic and healing wisdom and methodologies, formatted in an easy to comprehend 21st century mindset and curriculum. The application of **One Tree** is appropriate for practitioners of all martial styles from novice to master as well all Pagans from witches to New Agers.



Pagan Martial Arts Council

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



**One Tree  
A Complete Pagan  
Warrior System**

**Become a True –Warrior  
Healer-Martial Arts-Mystical**

**A PMAC approved System**

## What No Other Warrior System Offers

We have all watched our share of action movies with advanced martial arts choreography in them. But what do you really know about martial arts? According to Simmons Market Research and a recent study done in the United States it is estimated that 18.1 million Americans participated in karate or some other form of martial art at least once in the past year: including 9.4 million adults, 5.5 million teenagers and 3.2 million children. The study further revealed that 28 percent of the adults surveyed indicated that they participate in the martial arts "every chance they get." Of the millions of adults identified in the martial arts 52% are men and 48% are women. 63% of adults in the martial arts are between the ages of 18-34 years. The Martial Arts History Museum reports that 100+ colleges have martial arts programs. And according to by Martialinfo.com, a leading martial arts website, there are an estimated 30,000 martial arts schools across the United States alone each with a student base of a handful to hundreds in each school.

Asian martial arts like karate, jujitsu, kempo, kung fu, ninjutsu, tai chi, tae kwon do and escrima are what are most popular across the country. But other martial arts are growing in popularity as well. There are martial arts to meet the needs and tastes of everyone from ground fighting to

to tournaments. Age and ability are no longer deterrents in martial arts, as programs have been developed in many martial systems and schools that promote ideologies allowing all body types, ages, and limitations to become proficient in self-defense.

**One Tree** is a complete system of warrior instruction of gathered, organized, cultivated and harvested ancient philosophies, concepts and trainings from ancestral teachings now preserved for future generations so they are not lost forever. The system includes multi-cultural aboriginal teachings from several ancient nature-based cultures that include martial, shamanic and healing wisdom and methodologies, formatted in an easy to comprehend 21st century mindset and curriculum. The application of **One Tree** is appropriate for practitioners of all martial styles from novice to master. **One Tree** is really a new compilation of ancient ways now being forgotten and lost. Many are based in a Pagan-mind set **One Tree** brings many relatively obscure traditions into one practice.

**One Tree** breaks training into three main grouping; martial, healing, and mystical. Within the martial teachings the emphasis of movement in accordance to natural law is throughout the training. Open hand and weapons combat is shared; the three primary and main weapons of the art taught are boline, Druid

Longknife, and prong. Additionally weapons like the Stag's Antler, Wizard's Wand, and Monkey's Fist are shared as supplementary armaments. The philosophy of the warrior-way based on ancient cultures from the Druid to the Samurai- are taken on.

Specific healing and mystical arts are incorporated into the curriculum and include: Shugendo Yoga, Kokoro Ryu Reiki, KHY Herbology, 5-element Healing, advanced shamanic journey-work, healing and prayer lodges, White Lotus Tantra (both white and red tantra respectively), meditation, and psychic development. Contrary to most commercial martial arts schools the spiritual side, and restorative aspect of the art is an important aspect of training.

**One Tree** is establishing seminars, boot camps, and study groups and looking for serious students to learn this comprehensive and wonderful art.

Interested in hosting a **One Tree** seminar or 7 month weekend boot camp? Interested in starting a study group?

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Contact **PMAC** at [Druid1982@live.com](mailto:Druid1982@live.com) ,  
**subject: One Tree** and we will have a **One Tree** Master contact you.