



## **Beyond Abilities Centre & Richmond Hill Budokan - Martial Arts OPEN HOUSE**

**Thomas Chance Stephenson, with his Sensei Doug, giving everyone a demonstration on how he can use martial arts to fight back from his wheelchair.**

The Beyond Abilities Centre hosted a martial arts open house at the Richmond Hill Budokan last month to showcase their integrated Martial Arts program which promotes self-defense, respect, honour, increased concentration, discipline, self-esteem, confidence and hand-eye coordination for physically disabled individuals, all while having fun! To learn more about this program, call 905-478-2888 or email [BeyondAbilities@start.ca](mailto:BeyondAbilities@start.ca) or visit the BAC website for more information [www.BeyondAbilitiesCentre@start.ca](http://www.BeyondAbilitiesCentre@start.ca)

*Photos by Joanne Witt*

