

Jason Bassels takes a refreshing approach to martial arts training

Stronger on the inside

by Nova Browning

AS far as first glance intimidation goes, Jason Bassels has that department well covered. Shaved head, goatee and a 6ft 2in frame resembling that of a tight end in professional football is exactly how you would want your sensei to appear. His muscular frame is proof of endless hours training in Greco-Roman wrestling, karate, Jujitsu and kickboxing.

Contrary to his intimidating exterior is the man who resides within.

Jason is a man of peace who has devoted his life to the study of Eastern medicines, philosophies and classical martial arts under the direction of Sensei Wallace M. Platt. Sensei Platt (Hanshi 9th dan) is chief instructor of Classical Martial Arts Canada (CMAC) and head director of the Honbu Dojo Canada.

Bassels' commitment to CMAC led to the establishment of his own Yume Dapo Dojo in Mississauga where he acts as the affiliate school's director and lead instructor, mentoring students from ages six to 60.

I ask Bassels about the influx of adults seeking new methods of fitness or those who come in looking for a quick cardio fix.

"Success is not about finding an easy path and purchasing it. At CMAC, the focus lies on building a solid platform on which to develop skills. It's hard work, physically and mentally, and those who faithfully practice – young and old – reap rewards."

Bassels' refreshingly different approach is also evident when he voices his opposition to the traditional methods of tournament in martial arts.



He focuses on an age-appropriate skill set rather than the attitude of cut-throat competition often found in tournament settings.

"The idea is to get them working together in the very nature of what will be their society, to get along, to find where their individual strengths are, and layer them on to another person, and another, and so on."

He continues, "Everything in society is based on this tournament concept of winning and being better and that seems to be where a lot of our problems are."

What makes Sensei Bassels stand out from others is his dedication to learning and training. His vast travels, coupled with extensive studying, have led to a unique education which is evident in his understanding and respect of the diverse religious, artistic and healing elements of cultures throughout the world.

By creating an environment of respect and

Rather than the traditional tournament concept of winning and being better, Sensei Jason Bassels prefers to focus on providing his students an age-appropriate skill set.

honesty, the Yume Dapo Dojo has become a haven for children who can express their fears of bullies, troubles at home, and learn life lessons on how to deal with negative scenarios. Parents who practice with their children at the dojo have commented on how lines of communication have developed, and perspectives have shifted with their young ones.

"Martial arts is not an extra curricular activity," says Bassels. "It parallels the very things that are being taught at home, at school, and in society."

He explains: "Martial arts is like a fire. You can't expect the fire to continue burning without you fuelling it. You have to feed it something and that's effort, that's heart, that's energy. There will be no heat, no benefit from the fire, without your fuel."

Always with the safety of his students in mind, the Yume Dapo Dojo has taken a preventative approach to safety by installing a fingerprint scanner in the dojo. The It-Fits scanner ensures every adult picking up a child at the dojo has been approved by their parents in advance. These pro-active safety measures demonstrate Bassels' genuine concern for his students and their parents.

Yume Dapo Dojo offers several different martial arts programs, and Bassels is always available for discussions. Stop or visit online at www.cmac1.com/YumeDapo to enlighten yourself on some of the many wonders of martial arts that Yume Dapo Dojo can open your eyes to.



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