



# Empire Martial Arts, Inc.

Alan Condon

**Success Magazine:** Alan when did you begin to study the martial arts?

Alan Condon: I started training in 1974, when I was nine years old, in the kajukenbo system and continue to train daily. I believe you must lead from the front to be a mentor to others in the martial arts.

**SM:** What designations do you have in each of the martial arts?

AC: I am a 6th degree black belt in kajukenbo (American mixed martial arts system), black belt in Brazilian jiu jitsu, instructor level in shootfighting, and a certified instructor in kuntaw/silat.

**SM:** What martial arts do you teach at your school?

AC: Mixed martial arts, Brazilian jiu jitsu, muay Thai kickboxing, and kajukenbo.

**SM:** How do the martial arts instill discipline and honor in your students?

AC: Discipline is simply knowing what has to be done and doing it—eating “dinner before dessert.” The truth is human beings battle with self-discipline their whole lives. It’s not easy, so we give them that extra edge to win. Our program teaches a student how to develop self-discipline by setting short-term goals and overcoming challenges. The benefit of this process is that it teaches determination and perseverance. A student gains respect for themselves and others as they achieve proficiency in the martial arts.

**SM:** What age groups do you teach?

AC: We specialize in adults ranging from ages twelve to sixty-nine, but also have a small youth program for ages five through eleven.

**SM:** Do your students participate in MMA matches in the region?

AC: Although that is not our primary focus, we have several professional MMA fighters that compete in Vermont, Connecticut, and New Jersey but we have many other students who could compete at that level but use our training programs solely as a means of total body fitness, both mentally (eliminating stress, increasing self-confidence) and physically (losing weight, quitting smoking). Many of our adult students have become the envy of their co-workers as they have dramatically improved their lives.

**SM:** What self-defense courses do you teach with the NYS Police?

AC: I specialize in close quarter battle (CQB) both armed and unarmed, enabling officers to handle difficult situations they encounter on patrol and when they have to deploy their SWAT teams. I am also the lead CQB tactical instructor for an international police/SWAT association.

**SM:** What are your goals for your business, and how will you achieve them?

AC: To share our programs with other business professionals who are successful in their careers but have failed to master themselves. As we get more successful, we tend to let our physical and mental health wane. I know I can help the busy professional enjoy the fruits of their labor. I speak frequently at area businesses and do “lunch and learns” on topics of self-defense and using the martial arts as a vehicle for personal success through total body fitness and mental well-being.

**SM:** What does success mean to you?

AC: Success, to me, now means having the ability to change and impact lives through my martial arts programs. I know it has helped me through many of life’s challenges over the last few decades and I want to help others achieve the same results in their daily lives. My greatest joy is when a student feels more confident in themselves and is not afraid to pursue their dreams as a result of the confidence they have developed in our martial arts program. My family is my number one priority and my wife and two sons are training as well. My greatest success to date, is being a good father and husband.

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