AXE THROWING + SELF-REGULATION TRAINING FUNDRAISER

SCAN ME



CALM IS A COMPETITIVE ADVANTAGE

TRAIN YOUR BREATH. SHARPEN YOUR FOCUS.

Hosted by: DEMA

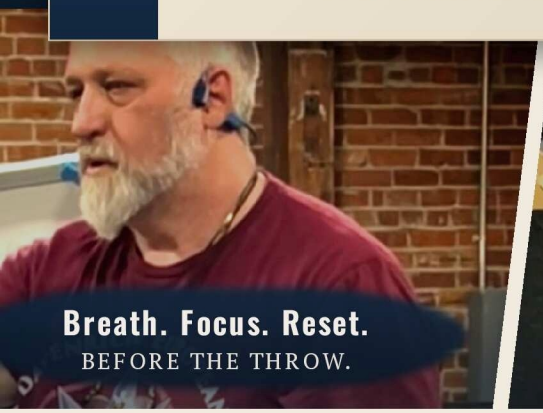
Event Date: Sunday, December 6, 2026

Time: 1:00–5:00 PM Pacific

Location: Davenriche European Martial Artes School
395 E Taylor St
San Jose, CA 95112

Kid-Friendly Event

- ✓ All Ages Welcome
- ✓ Limited to 50 Participants



Breath. Focus. Reset.
BEFORE THE THROW.



Commit. Execute. Release.
TRUST YOUR TRAINING.



Measure. Learn. Improve.
SEE YOUR RESULTS.

COST: $100 PER PERSON OR GROUP OF 4 PEOPLE

This is a fundraiser for the non-profits **DEMA** and the **Mark Divine Courage Foundation**.

- All entry fees are 100% tax deductible.
- Raffle to raise additional funds.

Pressure changes performance. This interactive fundraiser gives DEMA's members a direct way to test how breath, body awareness, and a pre-planned reset can improve steadiness in the moment.

1. **Throw 1:** establish your baseline.
2. **Train:** build breath control.
3. **Throw 2 and Throw 3:** apply the tools and track your results.
4. Finish with a guided awareness sequence and group debrief.

WHY IT MATTERS

This event is designed primarily for DEMA members and the surrounding community. Present Courage Foundation methods as practical, veteran-developed performance and self-regulation skills that transfer to martial arts and daily life.

Breath training and awareness training have been observed to support self-regulation in people dealing with PTSD, depression, and stress, and to contribute to post-traumatic growth. Some participants have also reported benefits relevant to neurodivergent focus and regulation.

The Training Flow

Baseline
Throw 1
Measure your starting point.

Train
Breath + Awareness
Build control. Plan. Sharpen focus.

Apply
Throw 2 & 3
Apply your tools. Track your results.

FOR DEMA MEMBERS, FAMILIES, AND THE SURROUNDING COMMUNITY

SPACE IS LIMITED — RESERVE EARLY

FUNDRAISER BENEFITING DEMA AND THE MARK DIVINE COURAGE FOUNDATION