



Contact us:

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[www.amaf.com.au](http://www.amaf.com.au)

*Advanced Martial Arts and Fitness*

# AMAF Dojo News

Open invite to meet visiting FMA master as ...

AUGUST 2011

## AMAF hosts Eskrido seminar

Advanced Martial Arts and Fitness will open its doors to all-comers when it hosts Master Craig Bajraktarevic-Hayward later this month.

Senior Master Craig is an 8th degree black belt in the martial style Cacoy Doce Pares and is the chief instructor and founder of the East Coast Doce Pares Institute in Western Sydney.

Master Craig's seminar will provide attendees with the opportunity to train in Eskrima plus Eskrido (combat Judo), developed by Filipino Ciriaco 'Cacoy' Canete.

Eskrido is comprised of locks and throws and incorporates traditional Eskrima techniques. Master Craig is considered to

be one of Australia's leading proponents of FMA, especially Eskrima, Eskrido, Pangamot and Dumog, and regularly trains in the Philippines directly under Supreme Grandmaster Cacoy.

He has competed internationally and won medals in single and double stick full contact sparring and was last year inducted into the Doce Pares Hall of Fame as a notable Eskrima competitor.

Master Craig's Perth seminar will be held at AMAF on August 21 from 10am to 1pm. Students will need their sticks and training knives, or may purchase from AMAF.

The seminar cost is \$25 and must be pre-booked.



### SEMINAR SPECIAL

2 rattan Kali sticks  
1 Kamagong knife  
BONUS stick bag  
normally \$130

Seminar price

**\$75**



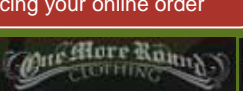
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**PANGULONG GURO TINO CEBERANO'S**  
**FILIPINO ELUSIVE WARRIOR**  
 PROUDLY PRESENT

Master Craig Bajraktarevic-Hayward

## Cacoy Doce Pares Eskrima

8th degree black belt Cacoy Doce Pares;  
 Chief Instructor and founder of the East Coast Doce Pares Institute



## PERTH SEMINAR

WHEN: Sunday 21 August 2011 From 10am - 1pm

WHAT TO BRING: Sticks and training knives.  
 Training equipment will be available to purchase from AMAF

**COST: \$25**

CONTACTS: Master Mike Waite 0417 677 767  
 Shihan Eddie Taweel 0411 761 176



WHERE:

ADVANCED MARTIAL ARTS & FITNESS  
 Unit 9/5 Milford Street East Victoria Park  
 (just behind Swansea Street Markets)  
 Ph: 9355 0255 Web: www.amaf.com.au



### Hot Links:

Check out our links for all the latest club news, events and multimedia.

### Web

[www.amaf.com.au](http://www.amaf.com.au)

### Facebook

<http://tinyurl.com/nh6pb9>

### YouTube

<http://www.youtube.com/renshiguro>

### AMAF Photo Albums

<http://tinyurl.com/n76o5q>

### ZDK WA

[www.zdk.com.au](http://www.zdk.com.au)

## Around the dojo

### Kick into action

It's time to get fit for spring and numbers are rising in our women's boot camp fitness sessions each week-day morning.

There's a crèche for the kiddies and access to gym facilities. Please contact Tanya on 0414675230 to find out more.

**Bonus: Mention this newsletter to attend your first class for free.** Why not take advantage of our weekly packages and invite your girlfriends too!

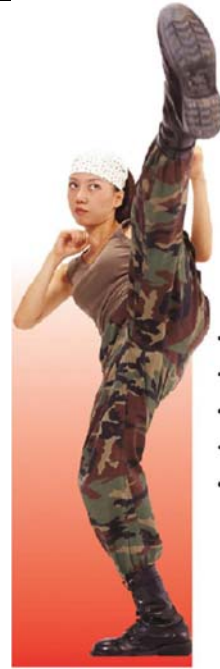
### Teens Thai grading

The next teens Thai boxing grading will be held on August 25 at 5pm. The grading is held during normal class time, with those grading pressure tested to ascertain their skill level.

Students ready to grade are asked to contact Master Mike for detailed requirements.

### Adrenaline MMA

Adrenaline MMA classes are proving popular with students from our sister clubs also attending regularly. Several advanced teens have been invited to join the training sessions. Any other teens wanting to join the



## WOMEN'S BOOT CAMP

Contact Tanya Malagas  
**0414 675 230**

CLASSES ARE 40 MINUTES LONG  
 MONDAY - FRIDAY 9 - 10am  
**\$15 PER VISIT** or 2 for \$28, 3 for \$40  
 Weekly packages available

- Any fitness level can participate as training is tailored to your requirements.
- Gym facilities available for minimal charge if attending classes.
- It is a child friendly environment with special area for play.
- Please bring a towel and water with you.
- Classes start promptly at 9.10am.



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fight team should see their instructors for requirements.

### AMAHOF workshops

The 2011 Australasian Martial Arts Hall of Fame inductees will hold demonstrations and workshops on August 20 at Willow Pond Reception Centre in Canning Vale from 8.30am to 3pm. Cost is a gold coin donation. Everyone is invited to attend and meet these martial arts masters.

**AUSTRALASIAN MARTIAL ARTS**

# Hall of Fame

**AWARDS 2011**

**Saturday 20th August 2011**

**6:30pm till late**

**\$140.00 per person**

**Willow Pond Reception Centre**  
**459 Nicholson Road, Canning Vale**

11 inductees from across Australasia will be formally recognised for their contribution to the martial arts and to their community.

Come along and show your appreciation to each of this year's inductees, for the part they have played in the ongoing progress of our various arts.

**Book NOW online @ [www.amahof.com](http://www.amahof.com)**

## Private training with our world class team of martial experts

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 9355 0255



ZDK / Weapons:  
**Master Mike Waite**  
 5th degree black belt ZDK / Muay Thai,  
 5th degree black belt Filipino Martial Arts.



BJJ / MMA: **Sensei Fabio Andrade**  
 Brazilian, GTeam, third degree black belt BJJ, black belt submission wrestling and brown belt Judo.



Muay Thai: **Chao**  
 Former professional Thai Fighter - The Saint Fighter has over 260 Muay Thai fights