



Unit 9/5 Milford St.,
East Vic Park

Ph: (08) 9355 0255

Web:
www.amaf.com.au

Advanced Martial Arts and Fitness

AMAF Dojo News

AMAF celebrates: It's our 4th birthday!

FEBRUARY 2011

Awards honour top students

Advanced Martial Arts and Fitness celebrated its fourth birthday with an annual awards presentation at the Balmoral Hotel late last month.

Award winners were:

Thai student of the year - Rickie Clegg; Kali Sikaran and Thai student of the year (female) - Jess Sandon; Kali Sikaran student of the year - Ivo Vekemans; BJJ student of the year - Jordan Pennells; Shihan's choice award - James Bennasar; MMA student of the year - Gillmahr Mambane; and Kaizen student of the year - Shane Pampling.

In making the award to Shane 'Pirate' Pampling

Shihan Mike Waite said it paid tribute to a student who was consistently improving in both Kali and Muay Thai, but who also was achieving his goals in aspects of business and life.

"Kaizen is a Japanese word for improvement, made of two ideographs representing change and goodness or virtue," Shihan Mike said.

"Kaizen is commonly used in the phrase *seikatsu o kaizen suru* which means to better one's life through continuous improvement.

"It is with great pleasure that I award this honour to Shane." Congratulations to all award winners. More award pictures page 2.



1. James Bennasar.

2. Kali: Ivo Vekemans.

3. Kali Sikaran and Thai Student of the Year: Jess Sandon (left).





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Awards (contd.)



4. Thai Student of the Year Rickie Clegg (centre).

5. BJJ Student of the Year Jordan Pennells.

6. MMA Student of the Year Gillmahr Mambane (centre).



Thai training outdoors

Chao will hold a new kickboxing fitness class outdoors at Peet Park in Belmont each Sunday morning from 8am to 10am. Train in casual clothes, no uniforms required. See Chao for more details. Congratulations also to Chao, who this month celebrates one year since joining the world class team at AMAF.

Hot Links:

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

Web

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

GFTeam Australia presents Trekkko and Coringa:

MMA/BJJ seminar offers top tuition

All Brazilian Jiu Jitsu and Mixed Martial Arts enthusiasts are invited to attend an open seminar with CFC



World Lightweight MMA Champion Bernardo 'Trekkko' Magalhaes and AMAF's own Fabio 'Coringa' Andrade this month.

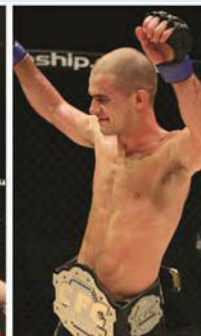
The seminar will be held at GFTeam Australia's Greenwood school on February 13 starting at 10am.

There will be 1.5 hours of specialist MMA instruction from Trekkko and 1.5 hours of BJJ from Sensei Fabio.

The cost of the seminar is \$80. It is a great opportunity to learn some new skills

before the next BJJ competition, scheduled for mid March. The March event will be a novice no gi grappling competition with grades for children and adults of all experience levels.

"I personally urge all students to try their skills in the novice competition as it is a great way to compete in a fun, safe environment," Mike Waite said. Check for details next month.



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ZDK / Weapons:
Shihan Guro Mike Waite
 5th degree black belt ZDK / Muay Thai,
 4th degree black belt Filipino Martial Arts.



BJJ / MMA: **Sensei Fabio Andrade**
 Brazilian, GFTeam, 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