



Dojo News

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July 2008

Advanced Martial Arts & Fitness

Camp offers access to elite

Advanced Martial Arts and Fitness senior Black Belt Club members (18 years and older) are invited to attend a martial arts winter training camp.

The camp will be held from August 1 to August 3 at Ern Halliday Recreation Centre, Hillarys.

The cost is \$175 for the weekend which includes accommodation, meals and all classes.

The camp, hosted annually by the WA Institute of Martial Arts (formerly Allen's Martial Arts Academy), will see a revamped program this year.

Training sessions will be taught by five of the most senior BJC martial artists

in WA who will provide practical instruction as well as answer any questions.

As part of the program Kyoshi Justin Boylan will teach a session on reality based self defence while Kyoshi Sean Allen will hold a goal setting and board breaking session.

Other guest kyoshis include Dean Woodhams, Doug Spears and Wayne Spear.

Sessions will address core skills but also include Delta formations, mixed martial arts, sparring and fitness drills as well as Zen Do Kai katas and applications.

Renshi Guro Mike Waite

said the camp provided a unique opportunity to learn from some of the most experienced teachers and practitioners of martial arts in WA.

It will also provide a great opportunity to take part in team building exercises and see how martial arts is taught at other schools, he said.

However, the program won't be all work with sessions set aside for revision and games and a quiz night.

Black Belt Club members interested in attending the winter camp should see Renshi Guro Mike to book a place and pick up a training schedule.

Seminar to focus on fight skills

AMAF Thai boxing students will learn advanced skills from former Thai boxing champion Darren Reece in a special seminar to be held this month. Reece, also known as The Riddler, is recognised as one of the best Thai boxing trainers in WA and has champions Eugene 'BoomBoom' Ekkelboom, Chris 'Tiger' White and Caley Lewis in his stable of fighters.

Reece has more than 18

years experience in Thai boxing taking part in 73 bouts during 12 years as a professional fighter. He was WA, Australian and Oceania champion and held the 1988 World Amateur Championship title.

The seminar will be held at Riddler's Gym, 137 Scarborough Beach Road, Mt Hawthorn on July 26 starting at midday.

Anyone wanting to attend should see Renshi Guro Mike to book a place.

Thai grading tests students

AMAF will hold a special Muay Thai grading day on July 13 starting at 1pm.

The set grading day will see students scored on their performance in order to prepare for future level gradings at the main Honbu.

Students will need to have their own pad holder and can get further information from Renshi Guro Mike.

'Jet' training wins support

AMAF's new approach to its training curriculum, introduced last month, has won praise from both students and parents alike with a marked increase in skill levels already evident.

Renshi Guro Mike said there had been a lot of positive feedback about the changes with parents particularly pleased with the new fundamental skill component to monthly requirements.

Younger students are required to learn a student creed and each month focus on a fundamental skill such as concentration, self control, loyalty, truth and courage.

Students must be able to explain and demonstrate the attribute as part of their tip requirements.

Each month students are tested to achieve a different coloured tip — white, yellow, blue, green, red and black — before being graded for their next belt level. New requirement sheets are now available.

July requirements

Kids 6-9yrs white/yellow

Boxing combinations 1-5
Basic breakfalls
Ground defence 1 & 2
Fundamental skill - **concentration**

Adults/10-14yrs white/yellow

Boxing combinations 1-5
Basic breakfalls
Ground defence 1 & 2

Kids 6-9yrs orange/blue

Punch defence
Boxing combinations 1-10
7 traditional stances
Fundamental skill — **self control**

Adults/10-14yrs orange/blue

Punch defence
Boxing combinations 1-10
7 traditional stances
Lull Before the Storm
(first third and applications)

Around the dojo

Half price sale

All AMAF club apparel is on sale! Singlets, t-shirts and caps are now \$15, until sold out.

AMAF winter jackets will soon be available. Check with Renshi Guro Mike for available sizes.

Sparring class

An adult sparring class has been added to the AMAF timetable.

The class will have a regular Friday night timeslot with the first

class to be held on July 11 and running from 6pm until 7.30pm.

All students taking part in the class must have sparring equipment including protective padding and a mouth guard.

Please see Renshi Guro Mike for more details.

Arnis grading

The next Arnis grading is planned for early September at AMAF. Pick up your grading requirement sheets now and start practicing.

Kata DVD

The grading requirements DVD (\$20) is proving popular and is set to sell out with the introduction of the new Jet Black system. Get a copy now.

Belt achievement

Congratulations to Lucas Camilleri who last month became our first adult student to achieve green belt ranking.

Well done to all our successful students who graded last month.



Jeff Gerrans

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