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Advanced Martial Arts and Fitness

AMAF Dojo News

Fun, fitness and a great prize up for grabs...

JULY 2011

AMAF puts focus on friends

All Advanced Martial Arts and Fitness' kids and teens members are invited to bring their friends to train during our **bring-a-buddy** promotion all this month.

Friends may attend all your regular classes during July, whether beginners or advanced, and train for free.

They will have some fun, improve their fitness and learn valuable self defence and martial arts skills.

As an added bonus, if your friend decides to become a member at AMAF, both your names will go into a draw to win a Toshiba tablet computer.

"We always have a great turn up to classes during the school holidays," AMAF owner Mike Waite said.

"But I wanted to give our younger members an exciting opportunity to show their friends the healthy lifestyle advantages of training here at AMAF."

The prize winner will be drawn and notified during the first week of August.

AMAF's kids curriculum has recently been restructured and is now directly managed and taught by Shihan Mike. Kids classes are for students aged six to 10 years, while teens classes are for students aged 11 to 15 years.

The teens program has elements of BJJ, Thai boxing, Karate and Kali and a new belt ranking system.

Under the new teens belt system there are three levels at each belt colour - junior, intermediate and senior.

Students start with a white belt, progress to white belt with a yellow stripe through the middle (junior



Win an android powered tablet computer this month at AMAF.

yellow), yellow belt with a white stripe through the middle (intermediate yellow) and then full yellow belt (senior yellow). The pattern continues through other belt colours (eg orange and blue). Please see Shihan Mike for more information on these programs.



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Team wins 4 BJJ bronze medals



Adrenaline MMA sent a team of 14, comprising junior and senior competitors, to take part in a novice Brazilian Jiu Jitsu competition held at UWA in Claremont earlier this month. Team members Mitchell Pappas, Joanna Young, Trenton Lyons and Niklass Mittmann (not pictured) each won a bronze medal. Shihan Mike Waite congratulated the team on their performance and said they had gained much knowledge from the experience. I am proud of them all for stepping up and participating, Shihan Mike said.

In other Adrenaline MMA news, a specialist fighters class will now be held each Saturday from midday until 2pm. Guro Heikki and Shihan Mike will run the program designed for students wanting to compete in BJJ, Thai boxing, MMA and Shooto events. Classes include advanced training methodologies, fight strategies and tailored individual training programs. All GFTeam members and students from AMAF's sister clubs are welcome to attend the training sessions. The first class was held earlier this month with many keen participants.

Adults Thai Grading: June



Successful Thai grading team: (back l-r) Wenyuan Chen, Ty Woollcott, Gillmahr Mambane, Declan Milligan, Mike Whitfield, Sanga Mulenga; (front l-r) Mason Fantasia, Jimmy McCallum, Katie McGlenn, Joshua Sutton.



Front



Back

Team support: New AMAF club hoodies (design pictured above) may now be ordered. Please see reception for details. Adrenaline MMA club shorts are also available and can be purchased for \$30 each during July. Adrenaline MMA patches, designed for BJJ pants, are \$10 each and now in stock.

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>

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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, 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