



Dojo News

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Advanced Martial Arts & Fitness

AMAF adopts 'jet' system

Advanced Martial Arts and Fitness has introduced a new approach to its training curriculum.

The new approach will see monthly requirements simplified and the program streamlined to ensure core skills are mastered at each belt level.

In addition, a new coloured tip system will clearly indicate a student's attainment of each set of monthly requirements before progressing to a belt grading.

Some of the new principles have been drawn from the Jet Black System, introduced by BJC founder Bob Jones in the 1980's to focus on practi-

cal and fundamental skills as well as allowing students to progress through the ranks faster.

Other planned changes, soon to be introduced, have resulted from Renshi Guro's recent overseas trip where he got to examine how different schools and martial arts styles managed their businesses.

"The challenge was to look at several successful schools and determine if any of what they were doing could be incorporated into our system to further improve the way we were operating," Renshi Guro Mike said.

"The goal is to continually

strengthen our system, creating quality martial artists while also maintaining student enthusiasm.

"It's a careful balancing act and still in the transitional phase, however it offers students many exciting opportunities to achieve their training goals."

Under the new system all Zen classes feature both fitness and technique elements combined with practical drills to reinforce each learned skill.

In the kids program students focus on fundamental skills and learn the student creed.

New requirement sheets are now available.

Students pass pressure test

AMAF's first green belt is 6-year-old Miguel Lawrence (Migz).

Migz displayed great courage performing his personal kata or freeform in front of a big group of spectators during the Thursday combined class at the end of May.

Migz and his parents spent many hours practicing at their home in preparation for the grading. Well done.

AMAF also congratulates all students who graded recently and passed through to their next belt levels.

Special mention goes to our 6 to 9 year-old kids Ellen-Rose and Matthew Gerrans who also graded during the combined class.

Under the new curriculum all students will grade in front of others to teach them how to deal with pressure situations.



Green belt Miguel Lawrence shows Renshi Guro Mike one of his moves.

Guro returns with skills, drills



**Sensei
John McGrath**



**Grand Master
Massan Ghorbani**

Renshi Guro Mike has recently returned from overseas, attending the International Philippine Martial Arts Federation (IPMAF) camp in Sweden as well as teaching and training in Ireland.

IPMAF Camp

The camp was intense with seven days consisting of two, three hour training sessions each day.

I was fortunate to be able to train with Punong Guro Johan Skalberg, one of the founders of the Kali Sikaran system — a freestyle martial art incorporating many weapons and empty hand applications.

During the camp Mr Skalberg was given the honour of being awarded Grand Master

level in Kombatan with Grand Master Ernesto Presas taking off his own belt and awarding it to Mr Skalberg.

New skills and a range of drills from the camp will soon be introduced into our regular classes.

Ireland

I travelled to Ireland and taught classes at the invitation of freestyle martial artist Sensei John McGrath, a 4th degree black belt in Hapkido, 2nd dan kickboxing and 2nd dan Kombatan Arnis.

Sensei John is also the training coach for the Irish national kickboxing team and fitness coach for the national hurling team (a mix between hockey and Gaelic football).

Sensei John has 500 students training in Waterford, Ireland and Boston, USA. He also has the unusual strength and ability to bend (and snap) metal objects.

While in Ireland, I was honoured to teach Arnis to Grand Master Massan Ghorbani, the highest ranked student of the founder of Hapkido.

Massan Ghorbani is a 9th dan black belt Sin Moo Hapkido, 8th dan Ultimate Kickboxing, 5th dan Seishinkai Karate and 4th dan Kyukushinkai Karate.

Overall, it was an awesome experience and confirmation that we are travelling along the road with some of the best styles in the world.

Around the dojo

Club shirt sale

All AMAF club t-shirts are singlets are on sale for \$15 until sold out. Sizes range from small child to adults.

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.

Reiki massage

AMAF student Kelly

Brown is a Reiki and massage specialist who operates from our dojo.

Kelly can be contacted on 0419 930 168 for further details and to arrange an appointment.

Classes added

Extra classes have been added to the timetable for all our BBC members. There are now new Wednesday class times for orange belts and above. Please get a new timeable to keep up to date with the changes.

Welcome addition

Sempai Kim Townsend has proved a welcome addition to AMAF.

She comes to us with many years experience from our Greenwood dojo and is particularly inspiring for our female students.

Sempai Kim is currently preparing for her 2nd dan in Zen Do Kai and Muay Thai and is a brown belt in Kombatan Arnis. Sempai Kim is available for private training.



Jeff Gerrans

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