



Contact us:

Unit 9/5 Milford St.,  
East Vic Park

Ph: (08) 9355 0255

Web:

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

*Advanced Martial Arts and Fitness*

# AMAF Dojo News

Team approach boosts healthy lifestyle choices

MARCH 2009

## AMAF families find key to training success

Advanced Martial Arts and Fitness, this month, recognises the valuable contribution of parents, family and friends in supporting and motivating members to succeed.

"I want to thank parents and families for supporting our decisions to train for a healthier lifestyle. Your support helps make AMAF a strong and successful team," Renshi Guro Mike said.

Special mention goes to the following:

**Harmer family:** Last month Nathan achieved orange belt rank in the 6-9 years age group, while 9 year old brother Aiden graded to orange belt in

the 10-14 years age group. Their dad, Matt, achieved orange belt in the adults class. Thanks to Eileen who does much to support their training.

**Gehrmann family:** Martin showed special determination to achieve his orange belt last month, especially as his work frequently takes him away from his regular training routine. Daughters Sara-Louise and Julia also train at AMAF (blue belts in the 6-9 years group) and Helen co-ordinates this martial arts family.

**Hill family:** Tamara, Matt and Laiton make up one of AMAF's fitness fami-

lies. Tamara trains in the Tuesday and Thursday fitness MMA classes while Laiton is climbing the ranks in the 10-14 years ZDK group. Matt is a BBC member and trains in Zen Do Kai and Muay Thai as well as assisting the new students.

**Kagiannis family:** This month Stan will grade to blue belt in ZDK. His daughters also train at AMAF with Julia (green belt 6-9 years) and Georgette (green belt 10-14 years) rising up the ranks. Poppy keeps them all on schedule and cheers them on from the sidelines.



Mike Waite

### Harvey Norman

Electrical, Computer, Furniture and Bedding

Beach Road, Malaga (opposite Malaga markets)

Ph: 9270 6300 / mobile: 0417 677 767

**CLUB DISCOUNTS!**

See Mike for your exclusive VIP card and get AMAF club discounts across all store departments at any time.

Malaga store only.



# Teens tackle training mix

Teens kickboxing classes, held Fridays at 5pm, are proving a great success.

AMAF offers teens the flexibility to chose classes to fit their busy lifestyle and benefit both their body and mind.

“The football, rugby and soccer seasons are due to start soon.

Most clubs emphasise the importance of attending all training sessions to be eligible to play the match game on the weekend,” Renshi Guro Mike said.

“Here at AMAF we realise the importance of training both the body

and the mind. So you will find that having the flexibility to train one or two Zen Do Kai classes each week plus the Friday kickboxing session will help you achieve your goals without falling behind.”

As one of our teens said, the confidence he has gained through our program has also benefited his rugby heaps!

Note: Anyone wanting to grade through the BJC Muay Thai (kickboxing) curriculum should see the grade requirements on the dojo wall. Thai shorts are now available to purchase from reception.

## March requirements

### Kids 6-9yrs white/orange

Boxing combinations 6a-10  
Shadow sparring  
Fundamental skill - **Courage**

### Adults/10-14yrs white/orange

Boxing combinations 6a -10  
Shadow sparring  
One step sparring  
Delta formation  
Sleeper hold

### Kids 6-9yrs blue/black

Kicking drills 1+2  
Side grab defence  
Revise all katas  
Fundamental skill — **Loyalty**

### Adults/10-14yrs blue/black

Kicking drills 1+2  
Grabs flow drill  
Delta formation  
Iron Horse kata and applications  
Revision

## Around the dojo

### BJC WA Grading

The next BJC WA quarterly grading will be held on March 8 at Craigie Leisure Centre, starting at 1pm. Spectators are welcome and will see BJC Muay Thai, Zen Do Kai freestyle and Mixed Martial Arts gradings. All AMAF students should attend to learn more about our system. There is a \$5 entry fee which is donated to Princess Margaret Hospital. Wear your club shirts.

### AMAF Grading

The next AMAF quarterly grading will be held this month. Split

over two weekends, the Zen Do Kai and Muay Thai gradings will be held on March 15 and the Kombatan Arnis grading will be on March 22.

**March 15:** 9.30am - Kids karate 6-9years; 10.30am - teens Zen Do Kai; noon - adults Zen Do Kai; 2pm - Muay Thai.

**March 22:** Levels 3, 4 and 5 will grade at 9.30am; levels 1 and 2 at 11am. Lunch at a local café afterwards.

### Guest Instructors

Several guest instructors from affiliate clubs will teach at AMAF during April and May

while Renshi Guro Mike is overseas. All adult BBC members may join in the guest instructor sessions. Stay tuned for who will be teaching advanced ZDK and special guests for advanced Thai and Arnis classes.

### Assistants

Thank you to those students who have volunteered to assist with classes while Renshi Guro Mike is away next month. Anyone still wanting to help with classes should see Renshi Mike or Sensei Kim as soon as possible.



**Jeff Gerrans**

Choice Home Loans

- Free home loan finding service
- Chose from more than 30 lenders
- Save time and money today

Ph: 9375 8084  
Mb: 0400 461 166

