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Advanced Martial Arts and Fitness

AMAF Dojo News

Novice no-Gi grappling competition

MARCH 2011

BJJ students ready to roll

Advanced Martial Arts and Fitness' Brazilian Jiu Jitsu students are encouraged to test



March 10, no late entries will be accepted.

Shihan Mike Waite

their skills in a novice BJJ competition to be held this month.

encouraged all BJJ students to enter the event.

The novice no Gi event will be held on March 13 at the Herb Graham Recreation Centre in Mirrabooka.

"This is a safe and fun way to test your skills against people at your own weight and level without the big competition match-up blunders which sometimes occur," Shihan Mike said.

The weigh-in is at 8.30am with competition starting at 9am.

"Competing in the event is not compulsory, however it is a great opportunity to put your training into practice and perform under pressure. This is one of many training and competitive opportunities we now have as a result of our martial arts alliances."

Kids divisions will take to the mats first, followed by adults at 10.30am. Parents must sign a permission slip for their children to compete. Entry forms are available from the front desk and should be completed before



Novice No Gi Grappling

March 13, 2011

Competition starts at 9am

Herb Graham Recreation Centre, Mirrabooka



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EPIC FIGHT PROMOTIONS PRESENTS
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HONOUR

FIGHT 1: MUST VS POOL
 FIGHT 2: HEADKICKER VS HEADKICKER
 FIGHT 3: LITTLE FISTS VS LITTLE FISTS
 FIGHT 4: MACCA VS MACCA
 FIGHT 5: JOEL VS JOEL
 FIGHT 6: ALEX VS ALEX
 FIGHT 7: TIGER VS BRODIE (TIGER'S FINAL FIGHT)
 FIGHT 8: CALBY VS ALEX (SEA-ANUS)
 FIGHT 9: JVS VS JVS (WMC AUSTRALIAN TITLE DEFENCE)

SATURDAY MARCH 19 - 2011
CRAIGIE LEISURE CENTRE (WHITFORDS AVE)
DOORS OPEN 5PM. FIGHTS START 6PM
TICKET INFORMATION - 0415 122 836

(persons under 18 must be accompanied by an adult) *Agreement subject to change without notice

March Grading

An AMAF in-house grading will be held on March 20. The kids MMA grading will start at 9am and the adults Thai-boxing at 10.30am. A teens Thai-boxing grading will be held on March 24 during normal class time (5pm). Friends and family are welcome.

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

AMAF adds morning fitness class

Advanced Martial Arts and Fitness welcomes a new qualified fitness trainer to the school.

Tanya Malagas is registered with Fitness Australia as a gym instructor and personal trainer and brings her wealth of knowledge to our new morning fitness training sessions.

The small group fitness training sessions are held each weekday morning from 9am and are available to members and non members alike.

Each session cost is \$15 with discounts available for pre-paid multiple sessions or weekly packages.

Sessions run for approximately 40 minutes.

A child friendly play area has been setup to allow parents to bring their children while they train.

Collect an information flyer from the



Personal trainer Tanya Malagas

front desk and use the special introductory voucher to try your first class for free. Don't forget your towel and water bottle. Tanya may be contacted on 0414675230 for further details.

Instructors shine at international events



Thai coach Chao and BJJ trainer Sensei Fabio

AMAF's world class trainers Sensei Fabio (BJJ) and Muay Thai coach Chao had a busy month representing their martial styles in two international competitions. Sensei Fabio was selected as one of the main referees at the Abu Dhabi Pro BJJ World Cup Australian Qualifier 2011 held in Sydney. The event attracted more than 300 competitors and was televised around the globe.

Chao travelled to Belgium as trainer and corner man for former Belgian and now WA based Thai fighter Harold Olsen who competed in a tough European event and won his bout. Congratulations to both Sensei Fabio and Coach Chao on their great efforts. We are proud to say they call AMAF home.

Private training with our world class team of martial experts

Reach your potential!
9355 0255



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