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Advanced Martial Arts and Fitness

AMAF Dojo News

Advanced stick, knife techniques added to curriculum as...

MAY 2010

AMAF embraces Kali, AMOK

Students at Advanced Martial Arts and Fitness will have some exciting opportunities to learn advanced stick and knife fighting techniques following Guro Mike Waite's return from training

overseas. Students will soon see techniques from Kali Sikaran and AMOK incorporated into the curriculum and learn from stick and knife experts in these martial styles when

they visit later in the year. AMAF will welcome Kali Sikaran International (KSI) Katulong Guro Heikki Martikainen in September, one of the highest ranked students of Punong Guro Johan Skalberg (Sweden). Guro Heikki is also a registered trainer of AMOK edged weapons solutions. AMOK founder Tom Sotis will conduct seminars in Thailand and Melbourne later this year. Enough interest from WA could also see Sotis lured to AMAF for a special seminar. Anyone interested is urged to contact Guro Mike as soon as possible to express their support. Guro Mike will be speaking about his training experiences overseas in classes all this month. See our Facebook page for more info/photos.



Stick and knife experts (l-r): Heikki Martikainen (KSI), Johan Skalberg (KSI) and Tom Sotis (Amok).

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Freestyle Martial Arts: Katelin Di Toro and Nathan Harmer displayed excellence to advance through to green belt ranking in Kids Freestyle Martial Arts.

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

In house grading: March



Adult Thai (Blue/Green): Ivo Vekemans, Nick Christie, Ben Bunker; Niklas Mittmann, Mike Waite, Jordan Pennells.



Adult Thai (Yellow/Orange): Clynton Holmes, Dave Yoon, Paul Collins; Nick Cunningham, Mike Waite, Alan Cuschieri.



Adults MMA: (rear l-r) Greg Pennells, Anthony Boyatzis, Ivo Vekemans, Ben Bunker; (front l-r) Ray Beets, Matt Harmer, Mike Waite, Dave Shoebridge and Troy Burch.



Teens MMA: Brad Dixon, Ash Murphy, Baleigh McCafferty and Trenton Lyons graded through to green belt in teens Mixed Martial Arts.



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