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Advanced Martial Arts and Fitness

AMAF Dojo News

KSI team faces physical, emotional challenges as...

NOVEMBER 2011

Camp unites global family

Kali Sikaran International's Mandrigma, or Warrior, camp saw more than 30 students from seven nations (including our AMAF team) gather for intense training and team building sessions in Thailand late last month. Participants had eight hour training days split into three sessions, sometimes extending past expected finishing times.

"We were drilled with three blocks,

solo baston (single stick), Kadena de Mano (close quarter fighting) and Daga (AMOK knife fighting)," AMAF owner and trainer Mike Waite said. "As well as physical and mental challenges, we were challenged emotionally through a self awareness program from KSI leader Punong Guro Johan Skålberg. It was an intense examination process which left many frustrated, but which also prompted

invaluable insight. Congratulations to everyone in our team who stepped outside their comfort zone and met new friends and faced new challenges, including - for some - travelling overseas for the first time. Also, a special thanks to my WA team and coaching staff for the professional way they kept the dojo running while I was overseas."



Mandrigma Camp 2011: Participants celebrate after some intense training. The motto of the camp was 'Stronger, Harder, Better'.



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Meet the team

Our world class martial experts

School Owner

Muay Thai / Karate / Kali / BJJ



Master Mike Waite

5th degree ZDK & BJC Muay Thai
5th degree Master Filipino Martial Arts
Club Trainer Kali Sikaran
Blue belt BJJ

Kali / BJJ for MMA / AMOK



Heikki Martikainen

5th degree Master Filipino Martial Arts
4th degree black belt Kali Sikaran
4th degree black Kempo
Brown belt BJJ

Brazilian Jiu Jitsu



Sensei Fabio Andrade

Brazilian, GFTeam Australia
3rd degree black belt BJJ
Black belt submission wrestling
Brown belt Judo

Muay Thai / Boxing



Chao Saksiriboon

Former professional Thai Fighter
'The Saint Fighter' has more than
260 Muay Thai fights
More than 65 boxing fights



Book now for KSI camp

KSI Australia will hold a special Xmas season two-day training event, incorporating a State grading, at Woodman Point on December 10 and 11. All martial arts enthusiasts, all styles, are welcome to attend with sessions covering a range of FMA skills, based on Kali Sikaran International's methodology. Camp fees are \$80 prepaid for two days including accommodation, training and food. The cost is \$100 if paid on arrival. Day pass rates are also available. Accommodation places are limited so please talk to your instructors now to book your place now.

BJJ world champ visits AMAF

AMAF welcomes GFTeam world-wide head Julio Cesar Pereira to our club early this month.

Master Julio, Sensei Fabio's teacher, is a 6th degree black belt in BJJ and black belt in Judo and Luta Livre.

He is also a two-times BJJ world champion, two-times BJJ pan American champion, BJJ Brazilian champion and 21-times BJJ Rio state champion.

Master Julio and Sensei Fabio will conduct a six day training camp in Joondalup this month, which has already sold out. However, we are fortunate to have Master Julio at AMAF for our regular Monday 6pm and Saturday 10am classes, plus a



seminar here at 11am on 27th. This is a great opportunity to learn from a distinguished world champion.

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>

And follow the links to our other pages

- Adrenaline Mixed Martial Arts
- Kali Sikaran Australia
- GFTeam Australia

YouTube

<http://www.youtube.com/renshiguro>

ZDK WA

www.zdk.com.au

Around the dojo

Adult Thai grading

An adults Thai grading will be held at AMAF on November 27 at 9am.

Students who believe they are ready to grade should speak to Chao or Master Mike for further details.

All students grading through to blue singlet and above must have their own pad holder.

Kids blue belt grading

A kids 6 to 10 years blue belt grading will be held on November 23 from 4pm to 5pm.

It is recommended that students from the kids 6-10 years Tuesday/Thursday class watch the grading to see the differences between junior, intermediate and senior belt levels.

Parents and friends are also invited to attend.

Boot camp

Now is the time to tone up before Christmas.

Book now to join our busy Boot Camp sessions with Tanya Malagas. Mention this newsletter to get your first class for free and don't forget to ask about class prepaid discounts.

Train with Chao

Chao has finished his exams and now has more time slots available for group and private training.

Please contact Chao or reception to book fitness or fighters personalised sessions in Muay Thai or boxing.

Private training available - book your session today!