



Contact us:

Unit 9/5 Milford St.,
East Vic Park

Ph: (08) 9355 0255

Web:
www.amaf.com.au

Advanced Martial Arts and Fitness

AMAF Dojo News

Adrenaline MMA, the competitive side...

OCTOBER 2011

Success boosts fight skills

AMAF's Adrenaline MMA fight team has had great success over the past few weeks.

The team took home one gold and five silver medals at the BJJ4Life Brazilian Jiu Jitsu competition held at University of WA Judo Club in Claremont late last month.

Then early this month, three of the team competed in the modified Thai rules division of a local gym show, taking two wins.

AMAF owner and trainer Mike Waite said while he was proud of this team's achievements he said the focus was not on winning medals or trophies.

"We are there to learn valuable lessons through competition," he said.

"Training will give you the tools, but pressure through competitions will test your knowledge and therefore gain experience of when to apply set skills.



"I certainly am happy with the team and everyone's efforts and I'm excited to see what they can achieve in the future."

A GFTeam BJJ grading will be on October 15, starting with kids at 9am and presentations at 10am. The adults grading will follow, with presentations around midday. Spectators are welcome.



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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



Pictured above: Adult Thai grading students displayed high technical standards and impressive fitness to progress their singlet rankings.

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

MMA class has brief break

A group of 15 students will travel to Cha-Am Thailand to take part in Kali Sikaran International's Mandirigma or Warrior Camp to be held from October 24 to 28.

The team will be away from October 22 to October 30, however most classes, except MMA, will run as normal at the dojo.

The MMA Saturday class which usually runs between midday and 2pm will be cancelled on October 22 and 29.

Sensei Fabio will instruct his usual classes on Monday as well as the 6 to 10 years 4pm classes on Tuesday and Thursday and the kids and

teens Wednesday classes at 4pm and 5pm.

Thai coach Chao will add the Thursday 5pm teens Thai boxing class to his schedule.

In Kali, assistant trainer Richard Jackson will take the three classes both Tuesday and Thursday nights, with ownership to be held on November 1.

Niklas Mittman will be available at the front desk to assist with all enquiries.

The next Mandirigma camp will again be held in Thailand and is expected to be scheduled for mid to late April 2012.

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

BJJ4Life winners



Above: Silver medal winners (l-r) Matthew Young, Joanna Young, TJ and Tristen Pampling, Isaiah Marr.

Left: Gold medal winner DJ Bowron.

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