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Advanced Martial Arts and Fitness

AMAF Dojo News

Club adds extra Kombatan classes for IPMAF members as...

SEPTEMBER 2009

AMAF welcomes Arnis elite

Advanced Martial Arts and Fitness welcomes Kombatan Arnis elite Grand Master Ernesto G. Presas Jr who will be our special guest instructor for the next three months. Grand Master will teach Kombatan, a freestyle Filipino Martial Art, in both our Zen Do Kai and Kombatan classes. He will also be holding seminars across Perth and interstate and is available for private training sessions.

All AMAF International Philippines Martial Arts Federation (IPMAF) members now have access to additional classes with Grand Master. Classes are Wednesdays at 7.15pm and Saturdays at 12pm with an advanced class for level four and above on Fridays from 6pm until 7.30pm. Renshi Guro Mike Waite said Grand Master's visit offered an exciting opportunity to learn from a member of the founding family of Kombatan. Kombatan Arnis is often described as an 'art within an art' and combines

several classical and modern martial styles. It includes both empty hand and weapons based techniques and is suitable for both men and women. Students are taught to react instinctively and learn strikes, kicks, blocks, locks, grappling, sweeps, throws and takedowns as well as disarms and footwork among the many techniques incorporated in the style.

Grand Master started learning Arnis at the age of five and is now also expert in Judo, Ju-jitsu, Bo, Tonfa, Sai, Nunchaku, Balisong and Karate. He holds the rank of of lakan walo (8th dan) in Arnis, 8th dan in hand to hand combat and 6th dan in weaponry.

Grand Master is also the Chief Instructor of IPMAF Kombatan Presas Style, International Philippines Modern Arnis Association, International Philippines Modern Mano y Mano Association and ARJUKEN Karate Association International.



GM Ernesto G. Presas at AMAF

Club clinches more BJJ sessions

Brazilian Jiu Jitsu coach Olavo Salles is available for small group and one-on-one private sessions at AMAF.

Olavo, from Sao Paulo (Brazil), has been training in BJJ for 10 years and is ranked a purple belt.

AMAF introduced regular Saturday BJJ classes with Olavo last month and they have proven a success. See our FaceBook photo album for pictures of the class in action.

Olavo will now also teach our teen Black Belt Club class each Monday from 5pm until 6pm.

Uniforms are available to purchase from the clubshop and these heavy duty gis have the AMAF club logos embroidered on them.

Contact Renshi Guro Mike to book your training session with Olavo.



Above: BJJ coach Olavo Salles is available for private training and will now teach an extra class at AMAF.

September 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

Around the dojo

Assistant instructors

AMAF requires some assistant instructors to help with classes at the club.

If you would like to take an active role in the club and be an assistant in our school please contact Renshi Guro Mike.

Club discounts

AMAF members can now get club discounts on 2XU compression clothing as endorsed by the Australian Institute of Sport (AIS). A day for fittings and orders will be organised soon. To see available stock visit www.2XU.com.

Front desk job

AMAF is seeking an experienced receptionist to take on an administration role at our busy front desk. Greeting members, providing information on our services, answering phone calls, booking training sessions and handling club shop sales are among key tasks of the position.

If you are interested in the job or know someone who may be available please speak to Renshi Guro Mike for further information.

September grading events

The ZDK WA Honbu grading will be held on September 20 at Craigie Leisure Centre starting at 1pm.

The AMAF quarterly grading will be held at the club on September 27 with a 9am start for 6-9 years; 10am start for 10-15 years; midday start for adult ZDK and a 2pm start time for BJC Muay Thai.

Spectators are welcome to attend both grading events.

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