



# ZEN DO KAI

## State Training

# 28 AUG 2022

10.30am - 2pm,  
Shepparton Basket  
Ball Stadium  
all levels, 12 y.o.+

## Train with the best of the best

10.30 -12.30pm Zen Do Kai grade level requirements  
12.30 - 2pm Martial Arts exploration and discovery

### Zen Do Kai State Co-ordinators

**Coloured belts** Craig Bernotti,  
**1st Degree** Mike Quin,  
**3rd Degree** John Rizzo,  
**5th Degree** Hamish Preston,

Peter Smedley **Black Belt**  
Michael Clark **2nd Degree**  
Sam Cardaci **4th Degree**  
Billy Manne **6th -10th Degree**

## You get to choose on the day, which class you wish to take

**Buzz Points**- The secret to lighting someone up - Billy Manne  
**Eskrima** – stick and dagger - Marc Toussaint  
**BJJ** - ground work and throws - John Mee  
**Krav Maga** - self defence - Bill Foukas  
**Pad work skills** - Mick Clark  
**Nunchuku** - Foundation skills - Steven Ryan  
**Systema** - movement as defence - Wayne Holley  
**Forms** - structure , breath, grounding - Craig Bernotti



## Book, pay and get full details at [bjmavic.com](http://bjmavic.com)