



BJMA VIC STATE TRAINING DAY

SUNDAY, MAY 26th
Springers Leisure Centre
400 Cheltenham Rd, Keysborough

**11:00 am
BOW IN**

Zen Do Kai Grading Coordinator

Yellow belts to 9th degrees

10.40 to 10.55am - meet with your coordinator and discuss the coming year.

11.10am Work with your coordinator as they prepare you for your next grading.

If you're grading in 2019 then spend the full day with your coordinator,
If you're preparing for 2nd degree to 9th degree and you are not grading
in 2019 then we suggest you spend half the day with you coordinator
and the 2nd part of the day developing other skills or assisting your
students.

11.10-12.30pm 6th to 9th degree with **Soke Billy Manne**

XMA and Risky Kids (tricking, vaults and more)

5 to 16 year olds or BJMA instructors

Instructor - **Aaron Smalley**

11.10-12.20pm - session one, XMA on the mats

12.40pm-1.50pm Introducing Risky Kids, think tricking , vaulting, parkour

Advanced locks and takedowns - Soke Billy Manne

12.35pm-1.50pm Suitable for all ranks and BJMA members over 16yrs

Krav Maga - Bill Foukas, Self Defence skills and tactics

11.10-12.30pm - Suitable for all Krav students, advanced techniques
for defence against multiple attackers

12.35pm-1.50pm Suitable for all BJMA members. Simple escapes from
holds and basic striking

Muay Thai Kickboxing - Matt Ball

Bring gloves, shin guards and mouth guards.

11.10-12.30pm - Suitable for all Thai students, advanced skills and tips

12.35pm-1.50pm Suitable for all BJMA members **Power Kicks, setting
up power kicks in sparring and catching kicks.**

SAVE TIME AND
MONEY BY
BOOKING
ONLINE @
BJMAVIC.COM

ADULTS \$55
Over 16 Years
\$50 online

XMA \$25
under 16 Years
\$22 online

Doors open
10.30am
Bowout 2pm

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