



# BJMA VIC STATE TRAINING DAY

**SUNDAY, FEBRUARY 10th**  
**SPRINGERS LEISURE CENTRE**

**11:00 am**  
**BOW IN**

## **Zen Do Kai Grading Coordinator**

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

## **XMA -Aaron Smalley**

**Fast action packed martial arts skills for 6 to 15 yrs**

11.10-12.20pm - session one, 12.20 to 12.40pm Break.  
12.40pm-1.50pm session two

## **Krav Maga - Bill Foukas, Self Defence skills and tactics**

11.10-12.30pm - Suitable for all Krav students, advanced skills and tips  
12.35pm-1.50pm Suitable for all BJMA members.quick, intelligent self  
defence skills

## **Muay Thai Kickboxing - Kiw Eikkasit**

11.10-12.30pm - Suitable for all Thai students, advanced skills and tips  
12.35pm-1.50pm Suitable for all BJMA members.Enhance your combat  
and striking skills.

## **SAMURAI art of the SWORD (Bokken) - Matt Wickham**

12.30-1.50pm Open to all BJMA members over 15 yrs

## **Richard Norton - Drills to use at your club to improve your students - ZDK theme work 2019**

12.30-1.50pm Open to all ZDK 1st Dans and above

**SAVE TIME AND  
MONEY BY  
BOOKING  
ONLINE @  
BJMAVIC.COM**

**XMA - \$25**  
**\$22 online**

**ADULTS \$55**  
Over 16 Years  
**\$50 online**

**Doors open  
10.30am  
Bow out 2pm**

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