



# BJMA VIC STATE TRAINING DAY

**SUNDAY, July 19th**  
**All Styles**

**Zoom Online**  
**11am to 2pm**

**11am** **Richard Norton -**  
**Combat Mindset and the Psychology of combat**  
Open to all levels and all styles, this will be conducted in a discussion format.

**All seperate ZOOM rooms,  
all the same login. 12 to 2pm**

**Zen Do Kai - grading coordinators - 7 groups**  
14 year olds and over. Coloured belts, Brown to Black, 1st Degree, 2nd Degree, 3rd Degree, 4th Degree, 5th Degree and Masters

## **Krav Maga**

Open to all BJMA members over 16yrs this includes; physical training as well as tactical and survival discussion.

## **Eskrima**

Open to all BJMA members over 16yrs this includes; stick and dagger work.

## **Muay Thai**

Open to all BJMA members over 14yrs this includes; 1 hour of physical training and 1 hour seminar on wrapping hands, mental preparation for a competitor.

**BOOKING AND  
PAYMENT MUST  
BE MADE  
ONLINE @  
BJMAVIC.COM**

**\$15**

**A true martial  
artist trains  
because they  
love to train.**

**The goal will  
always be to  
learn and  
improve.**