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book your ticket



BJMA VIC STATE

TRAINING DAY

SUNDAY, MAY 23rd
Shepparton Sports Stadium

11:00am
BOW IN

Zen Do Kai Grading Coordinator Sessions

11.05am Work with your coordinator as they prepare you for your next grading.
If you're grading in 2021 then spend the full day with your coordinator.
If you're preparing for 2nd degree to 9th degree and you are not grading in 2021 then we suggest you spend half the day with you coordinator and the 2nd part of the day (12.20pm) developing other skills or assisting your students. **6th to 9th degree with Soke Billy Manne 11.10-12.30pm.**

ZDK White to Green Belts - Craig Bernotti

11.05-12.30pm - Suitable for all ZDK students. Form work
12.35pm-1.55pm Suitable for all BJMA members. Drills and combinations.

Kidz Special Training - Kickboxing, Kara-te, BJJ, noodle war

4 sessions with 4 specialist kids coaches, Dee from Shepparton with **kickboxing**, Matt W from Echuca with **BJJ (wrestling)**, Ben H from Somerville with **Kidz Karate**, Julian C from Mickleham with **wooden staff training and foam noodle competition**

Muay Thai Kickboxing - Matt Ball, Lorenzo Mossi, Dee, Anthony

11.05-12.30pm - Suitable for all Thai students, advanced skills and tips
12.35pm-1.55pm Suitable for all BJMA members. Enhance your striking skills.

Krav Maga - Bill Foukas, Self Defence skills and tactics

11.05-12.30pm - Suitable for all Krav students, advanced skills and tips
12.35pm-1.55pm Suitable for all BJMA members over 16yrs.

Defence against a Grappler and BJJ Basics - John Mee

11.05-12.30pm - Suitable for all BJMA members, 14 yrs and over
12.35pm-1.55pm Suitable for all BJMA members, 14 yrs and over

Eskrima - Marc Toussaint - Stick and dagger training

11.05-12.30pm - Suitable for people with some experience.
12.30pm-1.55pm - Suitable for all BJMA members, 14 yrs and over.

BOOKINGS
must be made
ONLINE,
due to covid
compliance

Open to BJMA
members 5 years
and over

\$30 | **\$50**
CHILD | **ADULT**
under | **over**
16 yrs | **16 yrs**

Doors open
10.30am
Bow out 2pm

www.TRYBOOKING.com/BQWMF