

## GUEST INSTRUCTORS

### **Justin Boylan** "Total Martial Arts Centre"

8th Degree ZDK Karate Black Belt (Prob)  
7th Degree BJC Muay Thai  
4th Degree Shoot Wrestling Black Belt  
3rd Degree Mixed Martial Arts Black Belt  
1st Degree Kombatan Arnis Black Belt  
Brazilian Jiu Jitsu Instructor  
Police Firearms Instructor  
1990 State Champion Freestyle Wrestling  
1990 National Medallist Freestyle Wrestling  
BJJ (World Masters Champion 2007)  
[www.totalmartialarts.com.au](http://www.totalmartialarts.com.au)

### **Dean Woodhams** "Australian Freestyle Martial Arts"

7th Degree ZDK Karate Black Belt (Prob)  
7th Degree BJC Muay Thai  
1st Degree Kombatan Arnis Black Belt  
1st Degree Modern Bojutsu Black Belt  
1st Degree Shoot Wrestling Black Belt  
[www.zendokai.com](http://www.zendokai.com)

### **Wayne Spear** "Spear Dojo"

7th Degree ZDK Karate Black Belt (Prob)  
7th Degree BJC Muay Thai  
1st Degree Shoot Wrestling Black Belt  
Systema Instructor (Russian Martial Art)  
Kapap Instructor (Israeli Martial Art)  
Close Quarter Combat Instructor  
Defensive Tactics Instructor PPCT  
ASP Baton & Handcuff Instructor  
[www.speardojo.com](http://www.speardojo.com)

### **Doug Spear** "Seishin Martial Arts & Fitness Academy"

6th Degree ZDK Karate Black Belt  
6th Degree BJC Muay Thai  
3rd Degree Kenjutsu Black Belt  
3rd Degree Mixed Martial Arts Black Belt  
3rd Degree Setei Iaido Black Belt  
1st Degree Shoot Wrestling Black Belt  
Brazilian Jiu Jitsu Instructor  
[www.smaf.com.au](http://www.smaf.com.au)

### **Sean Allen** "Martial Arts of Business"

7th Degree ZDK Karate Black Belt (Prob)  
7th Degree BJC Muay Thai  
1st Degree Shoot Wrestling Black Belt  
Brazilian Jiu Jitsu Instructor  
Mixed Martial Arts Instructor  
2 x former Light Heavy WKA Muay Thai Champion  
[www.martialartsofbusiness.com](http://www.martialartsofbusiness.com)

### **Steve Furnidge** "Ronin Martial Arts Academy"

5th Degree ZDK Black Belt  
1st Degree Kobudo Weapons Black Belt  
Close Quarter Combat Specialist

### **Peter James** "WA School of Japanese Swordmanship" Shin Sei Kan

5th Degree Shinto Seishin Ryu Kenjutsu Black Belt  
3rd Degree Setei Iaido Black Belt  
2nd Degree Toyama Ryu Iaido Black Belt  
1st Degree Tae Kwon Do Black Belt  
Shinkendo Japanese Swordman Instructor  
Comtech Knife Instructor  
37 years martial arts experience  
[www.japaneseswordschool.homestead.com](http://www.japaneseswordschool.homestead.com)

### **Kevin Smith** ZenDoKai

5th Degree ZDK Karate Black Belt  
3rd Degree Kombatan Arnis

### **Claire Scullin** "Australian Freestyle Martial Arts"

4th Degree ZDK Karate Black Belt  
4th Degree BJC Muay Thai  
[www.zendokai.com](http://www.zendokai.com)

### **Vincent Cordeiro** "Vincent's Chinese Martial Arts"

Kung Fu Black Belt Sifu  
Tai Chi Instructor  
40 years martial arts experience  
[www.vincentchinesemartialarts.com](http://www.vincentchinesemartialarts.com)

### **Alicia Pestana**

4th Degree BJC Muay Thai  
WKA Muay Thai World Champion  
[www.kalamundakickboxing.com](http://www.kalamundakickboxing.com)

### **Darren Guelfi** "DG Boxing Club"

2 Australian Titles  
5 runners up Australian Titles  
Undeclared in WA for 19 years  
3 golden gloves  
Level 1 coaching cert for boxing

### **Andrew Scully** "Foreshore Fitness"

3rd Degree ZDK karate Black Belt  
3rd Degree BJC Muay Thai  
Masters degree in Exercise Science  
(specialising in Strength and Conditioning)  
Intern Strength and Conditioning Coach at WAIS  
(Western Australian Institute of Sport)  
[www.foreshorefitness.com.au](http://www.foreshorefitness.com.au)

### **Duncan Arkley** "The Original Bootcamp-Kings Park"

Strength & Conditioning Coach (ASCA)  
Certified Military Fitness Specialist  
Cert IV Master Trainer  
Former Pro International Rugby League Player  
[www.bootcamp.com.au](http://www.bootcamp.com.au)

# BJMA WA Zen Do Kai SUMMER CAMP 2012

Ern Halliday Recreation Centre, Hillarys

9th, 10th, 11th March



BJWA - Summer Camp 2012

# SUMMER CAMP 2012

Ern Halliday Recreation Centre  
Hillarys

March 9th, 10th, 11th

**ONLY 50 PLACES!**

Who can attend:  
Members of all WA based BJMA Clubs aged  
18 years and over only

Cost:  
Total package, Training, meals & accomodation \$300

Day pass, Training & meals for Saturday only \$150  
Day pass, Training & meals for Friday or Sunday \$99  
\$100 deposit to secure your place

What to bring:  
Appropriate training attire including Gi's and  
all sparring equipment. Don't forget your mouth guard.

You will also need bedding ie: sleeping bag, toiletries etc.

For further information contact Kyoshi Doug Spear  
on 0416 036 705 or visit:  
[www.smaf.com.au](http://www.smaf.com.au)



LOTS OF PRIZES  
& GIVEAWAYS TO  
BE WON OVER THE  
WEEKEND

## ITINERARY

DAY ONE - FRIDAY 9th MARCH		
TIME	TOPIC	INSTRUCTOR
1400	Welcome & get settled	
1500	Weapons seminar: Knife	Kyoshi Doug Spear
1700	Boxing	Darren Guelfi
1845	DINNER	
1930	Combat ZDK Karate fundamentals	Kyoshi Doug Spear
2030	Karate Demonstration	Shihan Steve Furmidge
2100	Japanese Philosophies	Sensei Peter James
DAY TWO - SATURDAY 10th MARCH		
0600	Fitness	Duncan Arkley
0705	BREAKFAST	
0800	Muay Thai Kickboxing World Champions Perspective	Alicia Pestana
1000	Arnis Principles	Shihan Kevin Smith
1200	LUNCH	
1300	Kung Fu	Sifu Vincent Cordeiro
1430	MMA Drills	Kyoshi Doug Spear
1600	Systema	Kyoshi Wayne Spear
1715	ZDK Karate Takedowns	Kyoshi Wayne Spear
1830	DINNER	
1930	ZDK Karate Principles	Kyoshi Sean Allen
2045	Sports Performance Presentation	Sensei Andrew Scully
DAY THREE - SUNDAY 11th MARCH		
0600	Brazilian Jiu Jitsu	Kyoshi Justin Boylan
0705	BREAKFAST	
0800	Karate Principles	Kyoshi Justin Boylan
0930	Karate Katas	Kyoshi Dean Woodhams
1100	Karate Demonstrations	Renshi Claire Scullin
1115	LUNCH & clean up	
1230	State Grading - Craigie Leisure Centre	

**BJWA - Summer Camp 2012**

## REGISTRATION FORM

To register, please complete the form below and post  
with payment details to:

**Seishin Martial Arts & Fitness Academy**  
12 Brittain Avenue Madeley 6065 WA

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_ Your Club \_\_\_\_\_  
Email \_\_\_\_\_

### Method of Payment

#### Direct deposit

Bank: Westpac Account name: Seishin Martial Arts  
& Fitness Academy

BSB: 036226 Acc No: 399063  
*(Use surname as reference)*

#### Credit Card

Visa  Cheque/Money Order

MasterCard

Credit Card number \_\_\_\_\_ Exp date \_\_\_\_\_

Name on card \_\_\_\_\_ PAN No. (3 digit) \_\_\_\_\_

Signature \_\_\_\_\_

## PACKAGE OPTIONS

- Day pass**  
Training & meals for each day \$150
- Total Package**  
Training, meals & accomodation \$300

I agree i am fit to attend the BJMA WA ZDK Summer Camp.  
I (the participant) agree to waive, release and forever discharge Seishin Martial  
Arts & Fitness Academy, its agents & employees from any and all claims of  
injury or property damage sustained by the participant.

Signature \_\_\_\_\_ Date \_\_\_\_\_ **SIGN HERE**