

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 Kombatarn 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

Dean Woodhams "Australian Freestyle Martial Arts"
7th Degree ZDK Karate Black Belt (Prob)
7th Degree BJC Muay Thai
1st Degree Kombatarn Arnis Black Belt
1st Degree Modern Bojutsu Black Belt
1st Degree Shoot Wrestling Black Belt
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

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
2nd Degree Setei Iaido Black Belt
1st Degree Shoot Wrestling Black Belt
Brazilian Jiu Jitsu Instructor
www.smaf.com.au

Andrew Hooper "Coastal Warriors"
6th Degree ZDK Karate Black Belt (Prob)
6th Degree BJC Muay Thai
www.coastalwarriors.com.au

Steve Furmidge
5th Degree ZDK Karate Black Belt
1st Degree Kobudo Weapons Black Belt
Close quarter combat specialist

Mike Waite "Advanced Martial Arts & Fitness"
5th Degree ZDK Karate Black Belt
5th Degree BJC Muay Thai
4th Dan Kombatarn Arnis
4th Degree Lakan Apat Filipino stick & knife fighting
www.amaf.com.au

Claire Scullin "Australian Freestyle Martial Arts"
4th Degree ZDK Karate Black Belt
4th Degree BJC Muay Thai
www.zendokai.com

Graham Macdonald WAIMA
4th Degree ZDK Karate Black Belt
4th Degree BJC Muay Thai
Former WA Middleweight Title (Muay Thai) holder
www.waima.com.au

Alicia Pestana
3rd Degree BJC Muay Thai
WKA Muay Thai World Champion
www.kalamundakickboxing.com

Darren Guelfi "DG Boxing Club"
2 Australian Titles
5 runners up Australian Titles
Undefeated in WA for 19 years
3 golden gloves
Level 1 coaching cert for boxing

Al Landy "WA Wrestling Coach"
Canadian Wrestling Guru
Aust rep at Oceania Champs 1991 Silver Medal
Four Time State Champion
Named Outstanding Wrestler at State Championships
Represented Australia - 1991 Oceania Championships (silver medal)
Scorers & Timers as an official - Sydney Olympic Games in Sept 2000

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

Kerryn Lambert "Fit Camp"
Personal Fitness Trainer
Cert. III & IV Sport & Fitness Training

BJMA WA Zen Do Kai SUMMER CAMP 2011

Ern Halliday Recreation Centre, Hillarys

February 11th, 12th, 13th



SUMMER CAMP 2011

Ern Halliday Recreation Centre
Hillarys

February 11th, 12th, 13th

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 \$150
\$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



FREE PISTOL TRAINING

First ten people to sign up will receive free live
fire pistol training with police accredited shooting
instructor Kyoshi Justin Boylan on 22nd Jan 2011.



ITINERARY

DAY ONE - FRIDAY 11th FEBRUARY

TIME	TOPIC	INSTRUCTOR
1400	Welcome & get settled	
1500	Split Weapons seminar: Knife & Arnis	Kyoshi Doug Spear Shihan Mike Waite
1630	Systema	Kyoshi Wayne Spear
1800	DINNER	
1915	Combat ZDK Karate fundamentals (Demonstration)	Kyoshi Doug Spear Kyoshi Andrew Hooper
2030	Nutrition & sports performance presentation	Kerryn Lambert

DAY TWO - SATURDAY 12th FEBRUARY

TIME	TOPIC	INSTRUCTOR
0600	Fitness	Duncan Arkley
0715	BREAKFAST	
0830	Muay Thai Kickboxing World Champions Perspective	Alicia Pestana
1030	Close quarter combat	Kyoshi Steve Furnidge
1130	LUNCH & FREE TIME	
1300	Boxing	Darren Guelfi
1500	ZDK Karate (Demonstration)	Kyoshi Dean Woodhams Renshi Claire Scullin
1700	Muay Thai Kickboxing Fundamentals	Renshi Graeme Mcdonald
1845	DINNER	
2000	Yoga	TBA

DAY THREE - SUNDAY 13th FEBRUARY

0600	Fitness	Duncan Arkley
0700	BREAKFAST	
0745	Freestyle Wrestling	Al Landy
0915	Brazilian Jiu Jitsu	Kyoshi Justin Boylan
1100	Mixed Martial Arts	Kyoshi Doug Spear
1230	LUNCH & clean up	
1400	Across to Breakwater	

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

BJWA - Summer Camp 2011