

# AUSTRALIAN MARTIAL ARTS ASSOCIATION

## Seminar

WHEN: 30<sup>TH</sup> AUGUST.2009. TIME 10.AM UNTIL 1PM. COST: \$30

→**WHERE: BURRAGAH RECREATION CENTRE.140 KELLY ROAD MODBURY**←

Learn the techniques of the Katana (long sword), Boken (wooden sword), Jo (short stick) and Laido Ryu. The practical Toyama Ryu Batto Ho, the Tenshin Katori School, including Daito Ryu Aiki Jutsu.

**WITH HANSHI BARRIE REVELL-PRESIDENT OF THE A.M.A.A.**

Assisted by Sensei Jeff Worden and Sensei Andrew Quin.

Knife defences, Kata and other techniques with Renshi Tony Caruso (Shotokan S.A.), assisted by Sensei Roy Fuller (Kyokushin).

Sensei Andrew Payne giving another insight, demonstrating Tai Chi and Chi Kung.

*All experts in their fields.*

A demonstration by special guest Professor Steve Miranda, head of National Karate Academies, doing what he does best "True Grit".

Dr. Redman Crosby will also give a discussion on breathing and martial arts medicine during the interval. Something for everyone.

**HANSHI BARRIE REVELL and PROFESSOR STEVE MIRANDA**  
*both featured in "Blitz Magazine" 2008- 2009.*

**SUPPORT THE SOUTH AUSTRALIAN MARTIAL ARTS SCENE.**

**BRING YOUR TRAINING GEAR FOR AN ENLIGHTENING WORK OUT.**

**TRAIN WITH THE BEST.**

**The Australian Martial Arts Association**  
A LINK TO THE PAST- A BRIDGE TO THE FUTURE.  
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Or email [secretaryamaa@hotmail.com](mailto:secretaryamaa@hotmail.com)