



## THE DEFENSIVE ARTS ACADEMY

**MAY 2011**

### **WELCOME TO ALL NEW MEMBERS**

DAA would like to welcome all of our new members. We thank you for choosing us to train with and wish you the very best in your training.

### **STATE BRAZILIAN JIU JITSU PODIUM PLACES!!!**

On the 8<sup>th</sup> of May DAA was proudly represented at the WA BJJ STATE TITLES by a team of 6 of your fellow trainees, Justin Barrett, James Barr, Glenn Fraser, Slade Hutcheson, James Nicholson and Yurie Kholhlenok.

All of them put on an awesome display and we are proud to announce that DAA came home with 3 podium places. Justin claimed his 3<sup>rd</sup> State Title Gold Medal fighting tooth and nail against a very well matched opponent. He demonstrated true courage, attempting a flying armbar and eventually winning on points. James Barr took Bronze after submitting three of his opponents including winning with 2 triangle chokes! James Nicholson also took Bronze taking out one of his opponents with a well set up choke. A huge well done to ALL the team and a big thanks to all those that came down to show their support!

### **UPCOMING COMPETITIONS**

<b>TEAM AMMA</b>	<b>3<sup>rd</sup> July</b>	<b>Mirrabooka</b>
<b>MACHADO NATIONALS</b>	<b>10<sup>th</sup> September</b>	<b>Melbourne</b>

### **ANTI BULLY PROGRAM RELEASE**

Scheduled to start in July and development in conjunction with Richard Boyd, Psychotherapist, DAA is starting its first Anti-Bully program. Designed to educate both parents and children, this program will go through the fundamentals of why, how and what you can do about it.

Invaluable for all parents and juniors!

Check out Richards details at [www.energeticsinstitute.com.au](http://www.energeticsinstitute.com.au)

For any more information or to register your interest please contact Lance Johnson on **0438 223 963**

## **WOMENS SELF DEFENSE SEMINAR**

### **DON'T BE A VICTIM!!!**

DAA is conducting a Womens Self Defense Seminar on the 29<sup>th</sup> May 2011, starting at 12.30pm.

Teaching women invaluable methods of self defense from common attacks including: - punches, grabs and how to fight back from the ground all taught in a fun and relaxed atmosphere.

### **Check out these comments from our previous seminar ...**

Lance is an amazing athlete whose method of teaching encouraged us to have fun as well as kick some ass! He adapted the scenarios and method of escape to suite our physical capabilities and not once did he run out of ways to keep us enthused. I was empowered by the session and felt like I had achieved something, so a big thank you to Lance and his crew!

#### **Heather**

I attended an afternoon seminar at the Defensive Arts Academy as part of a group organized through my workplace. This was my first time trying any kind of self-defense or martial art class, but I found Lance's instructions very easy to follow and because it was a very "hands-on" class I felt that I really understood the concepts and found it great fun. The staff and helpers were all extremely professional and made awkward situations relaxed and easy. It was a truly worthwhile class for young women and I would encourage others to attend. I am looking forward to visiting you guys again sometime soon. Thanks team!!!

#### **Louise Beveridge, Ballajura Vet Hospital**

DATE 29<sup>th</sup> MAY 2011

STARTING 12.30PM

DURATION 2.5HRS

Cost ONLY \$60

**TO BOOK YOUR PLACE CONTACT LANCE ON: 0438 223 963** OR Simply fill in the registration form with this email and send it right back. ☺

## **GRADINGS**

### **KEMPO STRIPED GRADINGS**

We will now be conducting scheduled striped gradings for our seniors. These gradings will be conducted as part of normal classes, with a fee of \$10 per stipe, dates are as follows:-

**Thursday June 30<sup>th</sup>**

**Thursday July 28<sup>th</sup>**

**Thursday August 25<sup>th</sup>**

The next SENIOR FULL BELT grading will be held on SUNDAY SEPTEMBER 4<sup>th</sup> at 9AM SHARP

The next JUNIOR grading will be SUNDAY JULY 31<sup>st</sup> at 9AM SHARP

If you have any queries, please see Lance or Belinda

Train Hard, Train Safe.  
Lance and Belinda

