

2023

Australian Titles

Multi-Style Martial Arts Tournament Circuit

December 9 & 10

Netball Central Stadium – Sydney Olympic Park, NSW



ClubManager

www.ClubManagerSoftware.com.au

PROGRAMME

Online 2 Day Spectator Ticket ONLY – No Door Ticket Sales

Door Opens 8.00am

Spectator Tickets - Online Sales: \$60

Event Begins: 9.30am

Spectator Tickets – No Door Sales

More information

Info@AMACHampionships.com



SYDNEY LUXURY SMASH
REPAIRS

765 Botany Rd, Roseberry NSW, 2018
(02) 9137 0404 info@slsr.com.au MVRL55053



FINESSE
FINANCIAL SERVICES

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Leichhardt Physiotherapy Clinic

Established 1993

Anthony Ruggeri

Ba.App.Sc Physiotherapy (University of Sydney)
M.A.P.A. S.P.G. P.P.G.
Dance Medicine Australia
Pilates Institute of Australasia

WorkCover Accredited
Clinical Pilates Physiotherapist
Aquatic Physiotherapist
Personal Trainer



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The Italian Forum
23 Norton Street
Leichhardt NSW 2040
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0416 165 728
arphysio@iprimus.com.au
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www.AMAChampionships.com

Auckland

Coffs Harbour

Port Macquarie

Newcastle

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Orange



Colombo

Sydney

Canberra

Gold Coast

Canberra

Yokohama

Australia's Largest Open Multi-Style Tournament Circuit

[amac_australia](https://www.instagram.com/amac_australia)



AMACHampionships



President's Welcome



It is my pleasure to welcome all Athletes, Coaches, Clubs, Parents and Officials to the AMAC 2023 Australian Titles in Sydney, Australia.

I am VERY pleased and proud to see our National Circuit persevere through the pandemic as AMAC continued to provide opportunities for Athletes, Coaches and Clubs to remain engaged in the Martial Arts. It is particularly great to see the growth and involvement of AMAC in Regional NSW this year.

This year the Australian Squad is formed from this weekend to head to Japan and Europe in 2024. Selection qualification will be the Top 5 athletes for each division at these 2023 Australian Titles.

Opportunities again to compete in Japan, New Zealand, Sri Lanka, Europe and USA in 2024 onwards.

To our athletes, thank you for your support and hard work in achieving this high level to qualify for the 2023 Australian Titles. Please honour your teachers, families, friends and mostly yourselves by conducting yourself in the spirit of true Martial Arts; Respect, Courtesy and above all Humility. Whilst sport is great, Martial Arts Spirit is deeper and far more rewarding; please do remember this.

Our special thanks go to our Sponsors; **Club Manager, Finesse Financial Services, Leichhardt Physiotherapy Clinic & Sydney Luxury Smash Repairs** for joining us on our journey developing the Martial Arts across Australia, Japan, Europe and Sri Lanka.

Finally, I would like to thank our team of National and State Leaders for making this possible. The AMAC team has worked passionately and tirelessly throughout this year to support the athletes and clubs to get to these Australian Titles. I would also like to express my appreciation to our AMAC Officials; both Table and Ring Officials. Without them, we could not host these Titles and without them, we would not have a National Circuit such as this.

I would also like to thank and introduce to you our **2023 AMAC National Leadership Team**:

- Doug Turnbull - Vice-President AMAC & WMAC
- Luke Trotz - National Technical Commissioner AMAC / Assist. International Technical Commissioner WMAC
- Margaret Le - National Operations Director AMAC / International Operations Director WMAC
- Colin Chenery - National Head Coach AMAC
- Sean Beehan - Chief Medical Officer
- Lorraine Horan - National Head Table Official
- Debbie Swanson - Regional Technical Commissioner NSW
- Will Deng - Regional Technical Commissioner NSW
- Brock Thomson - QLD State Technical Commissioner
- Steve Wheatland - Newcastle Regional Leader

To all the spectators, clubs and families who have supported AMAC throughout this year and to the Australian Titles Sponsors, we thank you all and look forward to your continued support and friendship for many more years to come.

With respects,

Peter Mylonas
President AMAC / WMAC

AUSTRALIA JAPAN NEW ZEALAND SRI LANKA PORTUGAL

Chairman's Welcome

On behalf of our National Executive Committee, I would like to thank you for your participation during 2023 and this goes out to all involved including athletes, coaches, instructors, officials and supporting family and friends.

I must congratulate especially all of the athletes here today for their efforts in qualifying to be part of our Australian Titles for the Australian Martial Arts Championships (AMAC). With your support and effort, AMAC has grown to be a leading force within the Australian martial arts circuits.



We are here today to see who will become our Australian Champions and who will qualify to be part of our Australian Squad and represent their country at our international events in 2023.

As participants in the AMAC circuit we expect and require a high level of respect from all levels which includes athletes, officials and their supporters. Our code of conduct is there to ensure we all give and receive the respect required.

A big thank you to our sponsors who have shown great support during 2023 and we look forward to working with you during 2023.

With the devastation from the fires in our country this year in QLD and NSW, it pleases me to see the resilience of those people to be here to support the sport that they love. Thank you to everyone and please know that our thoughts, support and best wishes for the recovery of your region is in our hearts.

Doug Turnbull
Vice - President AMAC/WMAC

National Technical Commissioner's Welcome

I would like to personally welcome all athletes and their coaches to the 2023 Australian Titles AMAC. I am looking forward to seeing a strong and spirited display of Martial Arts Action.

All of you must be commended for qualifying for the Australian Titles and your families/friends must be thanked for the support they have given you throughout the year.

My role within AMAC is to oversee the development of all Officials and to ensure that each AMAC region is consistent with the AMAC rules in providing a fair contest for all athletes regardless of affiliation.

Our National Technical Commission consists of our referees, judges and table officials; all who have been working very hard throughout the year to ensure they maintain a standard by attending workshops and accreditation. Just like the athletes our Officials had to qualify for the Australian Titles.

All of our Officials are volunteers and truly wear their heart on their sleeve when it comes to making the best possible decisions for our athletes. We pride ourselves in being professional, fair and always having the best interest of the athletes at stake.

During these championships our Officials will uphold all facets of the AMAC rules, therefore athletes and coaches are expected to know the rules inside out to ensure a fair contest. NO Official should be approached by a spectator or coach as this is in breach of our code of conduct. Coaches ONLY may speak with our Marshalls or myself.

Regardless of result I am sure you will all walk away from this event with something you have gained that will make you better as a Martial Artist and an athlete second.

A huge thank you to the Officials who have donated their time to make this tournament happen for the athletes. Without the Officials a tournament cannot run. I thoroughly believe that all of our athletes are very privileged to have such devoted Officials who thoroughly care about providing the fairest and best tournament experience for their athletes. We have Officials who have travelled across the Country to be here this Weekend.

Finally, I would like to wish all athletes the best of luck. Remember the result is not so much just about getting the trophy but what you did with your time on the mat during the competition.

Luke Trotz
National Technical Commissioner AMAC
International Technical Commissioner WMAC



WMAC Contact Levels Summary Chart

POINTS SPARRING DIVISIONS

Legal Areas	Points Non Contact	Level of Contact	Points Contact	Legal Areas	Level of Contact
Yes [Head]	0 Zero	0 Zero	1-2 Tap-Light	Yes [Head]	1-2 Tap-Light
Yes [Body]	0 Zero	0 Zero	2-3 Light-Semi	Yes [Body]	2-3 Light-Semi
No [Legs]	0 Zero	0 Zero	0 Zero	No [Legs]	0 Zero
Sweeps (to off balance)	Take — (controlled)	Downs	Take — (controlled)	Sweeps (to off balance)	Downs
➤ Sweeps allowed to Off-Balance only ➤ Controlled Take-Downs Allowed Must contact between ranges indicated to score!					

FREESTYLE SPARRING DIVISIONS

Legal Areas	Freestyle Tap	Level of Contact	Legal Areas	Freestyle Full Contact	Level of Contact
Yes [Head]	0 Zero	0 Zero	Yes [Head]	5 Kicks Only Full	5 Kicks Only Full
Yes [Body]	1 Tap	1 Tap	Yes [Body]	5 Full	5 Full
Yes [Legs]	1 Tap	1 Tap	Yes [Legs]	5 Full	5 Full
Sweeps (to off balance)	Take — (controlled)	Downs	Sweeps (to off balance)	Take — (controlled)	Downs
➤ Sweeps allowed to Off-Balance only ➤ Controlled Take-Downs Allowed You are not required to "tap" to score!					

Level of Contact Key

0	WMAC Points Non-Contact	Zero Contact	No Contact at all
1	WMAC Tap Freestyle & Points Contact (Head)	Tap Contact	Touch of the uniform or head guard, (points contact)
2	WMAC Points Contact (Head/Body)	Light Contact	Light touch of the body or head guard, (points contact)
3	WMAC Contact Points (Body)	Semi Contact	Actual contact on the body or head not to hurt or push back
4	WMAC Hard without intent to knock down	Hard Contact	Actual contact to stop advancement & push back
5	WMAC Full Contact Sparring	Full Contact	(Knockdown) Contact to knock down



2023 Australian Titles Party Time



Party Time!

Leichhardt Physiotherapy Clinic
Anthony Ruggeri
B.Sc. (Hons) Physiotherapy
Grad Dip Ed (Hons)
Grad Dip Sport Science
Grad Dip Health Management
Grad Dip Health Promotion
Grad Dip Health Research
Grad Dip Health Policy
Grad Dip Health Law
Grad Dip Health Ethics
Grad Dip Health Economics
Grad Dip Health Sociology
Grad Dip Health Psychology
Grad Dip Health Communication
Grad Dip Health Management
Grad Dip Health Research
Grad Dip Health Policy
Grad Dip Health Law
Grad Dip Health Ethics
Grad Dip Health Economics
Grad Dip Health Sociology
Grad Dip Health Psychology
Grad Dip Health Communication

Special Offer
AMAC members and participants
"Physiotherapy treatment discounts"
All qualified Medicare doctor referrals
Are also fully bulk billed
*Anthony is a martial arts veteran who also has
been treating martial arts injuries at local, state and
national levels for over 30 years!!
www.anthonysruggeri.com.au
Appointment call Anthony
0500 0081 or 0418 160 728

Proud Sponsor
 ClubManager

Straight After the Tournament

Come & Have Dinner and a Drink

Meet the Officials and Athletes

Novotel Hotel

Sydney Olympic Park

Drinks & Food at own cost.

6.00pm - 8.00pm



**SYDNEY LUXURY SMASH
REPAIRS**

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We want to see you there - Have Fun!

www.AMAChampionships.com



2023
AUSTRALIAN TITLES
SYDNEY, NEW SOUTH WALES
9 & 10 December 2023

DAY 1

Please note event may be moved from the mats to accommodate the event
Times are projected time and could vary - we thank you for your co-operation.

8.30am	Athletes to be at the venue	9.15am	Opening Ceremony
9.30am	President's Welcome	9.45am	Event Commences

MAT 1

	# Athletes
10:00 AM (28) Demonstrations, 13yrs & Under - All Grades - M & F	(17)
10:55 AM (30) Weapons Trad., 13yrs & Under - All Grades - M & F	(11)
11:33 PM (32) Weapons Xtreme, 13yrs & Under - All Grades - M & F	(6)
11:56 AM (7) Split 7B Trad. Forms, 13-15yrs - Adv - Black - Male	(8)
12:25 PM (52M) Sparring Freestyle, 13-15yrs - Adv - Black - Male	(4)
12:42 PM (51M) Sparring Freestyle, 13-15yrs - Beg.-Inter. - Male	(8)
1:11 PM (61M) Fun Events Sumo, 13-15yrs - All Grades - Male	(5)
1:45 PM Senior Team Event - State of Origin - Forms	
2:50 PM Senior Team Event - State of Origin - Sparring Points	
3.55PM MAT CLOSED	

MAT 3

	# Athletes
10:00 AM (12) Trad. Forms, Veterans - All Grades - M & F	(12)
10:41 AM (57M) Sparring Freestyle, Veterans - All Grades - Male	(8)
11:10 AM (57F) Sparring Freestyle, Veterans - All Grades - Fem.	(5)
11:30 AM (56F) Sparring Freestyle, Adult - Adv - Black - Fem.	(9)
12:02 PM (56M) Sparring Freestyle, Adult - Adv - Black - Male	(7)
12:28 PM (11) Trad. Forms, Adult - Adv - Black - M & F	(15)
1:18 PM (1) Trad. Forms, 7yrs & Under - All Grades - M & F	(10)
1:53 PM (46) Sparring Freestyle, 7yrs & Under - All Grades - M & F	(10)
2:28 PM (58) Fun Events Sumo, 7yrs & Under - All Grades - M & F	(9)
3.00PM MAT CLOSED	

MAT 5

	# Athletes
10:00 AM (25) Xtreme Forms, 10yrs & Under - All Grades - M & F	(8)
10:30 AM (5) Split 5A - Trad. Forms 11-12yrs - Adv - Black - Fem.	(9)
11:02 AM (50) Split 50A Sparring Freestyle - 11-12yrs - Adv - Black - Fem.	(9)
11:35 AM (2) Split 2B - Trad. Forms 8-10 years - Inter. - M & F	(11)
12:07 PM (48) Split 48B - Sparring Freestyle 8-10yrs - Inter. - M & F	(13)
12:51 PM (60F) Fun Events Sumo, 11-12yrs - All Grades - Fem.	(6)
1:05 PM (9) Trad. Forms, 16-17yrs - Adv - Black - M & F	(14)
1:52 PM (54M) Sparring Freestyle, 16-17yrs - Adv - Black - Male	(6)
2:15 PM (54F) Sparring Freestyle, 16-17yrs - Adv - Black - Fem.	(5)
2:35 PM (59) Split 59B - Sumo 8-10yrs - Inter. - M / F	(11)
3:15PM MAT CLOSED	

NOTE:

Events in the program in **bold text** means that the **top 4 athletes** will compete in the Finals Showcase on Day 2 (Sunday) for 1st, 2nd and 3rd place.



2023

AUSTRALIAN TITLES

SYDNEY, NEW SOUTH WALES

9 & 10 December 2023

DAY 1

Please note event may be moved from the mats to accommodate the event
Times are projected time and could vary - we thank you for your co-operation.

8.30am	Athletes to be at the venue	9.15am	Opening Ceremony
9.30am	President's Welcome	9.45am	Event Commences

MAT 2

		# Athletes
10:00 AM	(29) Demonstrations, 14yrs & Above - All Grades - M & F	(10)
10:35 AM	(26) Xtreme Forms, 11-14yrs - All Grades - M & F	(6)
10:58 AM	(31) Weapons Trad., 14yrs & Above - All Grades - M & F	(13)
11:42 AM	(33) Weapons Xtreme, 14yrs & Above - All Grades - M & F	(7)
12:08 PM	(27) Xtreme Forms, 15yrs & Above - All Grades - M & F	(3)
12:22 PM	(7) Split 7A Trad. Forms, 13-15yrs - Adv - Black - Fem.	(14)
1:09 PM	(52F) Sparring Freestyle, 13-15yrs - Adv - Black - Fem.	(8)
1:38 PM	(51F) Sparring Freestyle, 13-15yrs - Beg.-Inter. - Fem.	(8)
2:07 PM	(61F) Fun Events Sumo, 13-15yrs - All Grades - Fem.	(6)
2:30 PM	Junior Team Event - State of Origin - Sparring Points	
3.35PM	MAT CLOSED	

MAT 4

		# Athletes
10:00 AM	(3) Trad. Forms, 8-10yrs - Adv - Black - M & F	(16)
10:53 AM	(48) Split 48C - Sparring Freestyle 8-10yrs - Adv- Black - M & F	(10)
11:28 AM	(5) Split 5B - Trad. Forms 11-12yrs - Adv - Black - Male	(14)
12:15 PM	(50) Split 50B Sparring Freestyle - 11-12yrs - Adv - Black - Male	(11)
12:53 PM	(59) Split 59C - Sumo 8-10yrs - Adv- Black - M / F	(7)
1:19 PM	(4) Trad. Forms, 11-12yrs - Beg.-Inter. - M & F	(15)
2:09 PM	(49) Sparring Freestyle, 11-12yrs - Beg.-Inter. - M & F	(10)
2:44 PM	(60M) Fun Events Sumo, 11-12yrs - All Grades - Male	(12)
3:25 PM	(59) Split 59A - Sumo 8-10yrs - Begin. M / F	(6)
3:50PM	MAT CLOSED	

MAT 6

		# Athletes
10:00 AM	(6) Trad. Forms, 13-15yrs - Beg.-Inter. - M & F	(15)
10:50 AM	(8) Trad. Forms, 16-17yrs - Beg.-Inter. - M & F	(4)
11:07 AM	(53F) Sparring Freestyle, 16-17yrs - Beg.-Inter. - Fem.	(3)
11:21 AM	(53M) Sparring Freestyle, 16-17yrs - Beg.-Inter. - Male	(2)
11:32 AM	(2) Split 2A - Trad. Forms 8-10 years - Begin. - M & F	(10)
12:07 PM	(48) Split 48A - Sparring Freestyle 8-10yrs - Begin.s - M & F	(7)
12:33 PM	(10) Trad. Forms, Adult - Begin.s - M & F	(11)
1:11 PM	(110) Trad. Forms, Adult - Inter. - M & F	(10)
1:46 PM	(55M) Sparring Freestyle, Adult - Beg.-Inter. - Male	(5)
2:06 PM	(55F) Sparring Freestyle, Adult - Beg.-Inter. - Fem.	(5)
2.30PM	MAT CLOSED	

CANCELLED DIVISIONS

(102M) Full Contact, 16-17yrs Colts - All Grades - Male & (103M) Full Contact, Adults - All Grades - Male



2023

AUSTRALIAN TITLES

SYDNEY, NEW SOUTH WALES

9 & 10 December 2023

DAY 2

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8.30am	Athletes to be at the venue	9.15am	Opening Ceremony
9.30am	President's Welcome	9.45am	Event Commences

MAT 1

	# Athletes
10:00 AM (104M) Split 104MA - 13-15yrs Juniors - All Grades - Male L/Weight	(3)
10:14 AM (104M) Split 104MB - 13-15yrs Juniors - All Grades - Male M/Weight	(5)
10:34 AM (42M) Sparring Points, 16-17yrs - Adv - Black - Male	(6)
10:49 AM (99M) Points Contact, 13-15yrs - All Grades - Male	(9)
11:21 AM (39M) Sparring Points, 13-15yrs - Beg.-Inter. - Male	(8)
11:50 AM (40M) Sparring Points, 13-15yrs - Adv - Black - Male	(7)
12:12 PM (41M) Sparring Points, 16-17yrs - Beg.-Inter. - Male	(2)
12:23 PM (100M) Points Contact, 16-17yrs - All Grades - Male	(7)

1:00 PM FINALS SHOWCASE - TOP 4

- (7) Split 7A Trad. Forms, 13-15yrs - Adv - Black - Fem.
- (7) Split 7B Trad. Forms, 13-15yrs - Adv - Black - Male
- (40F) Sparring Points, 13-15yrs - Adv - Black - Fem.
- (40M) Sparring Points, 13-15yrs - Adv - Black - Male
- (42F) Sparring Points, 16-17yrs - Adv - Black - Fem.
- (42M) Sparring Points, 16-17yrs - Adv - Black - Male
- (52F) Sparring Freestyle, 13-15yrs - Adv - Black - Fem.
- (52M) Sparring Freestyle, 13-15yrs - Adv - Black - Male
- (54F) Sparring Freestyle, 16-17yrs - Adv - Black - Fem.
- (54M) Sparring Freestyle, 16-17yrs - Adv - Black - Male

3:10PM MAT CLOSED

MAT 3

	# Athletes
10:00 AM 10:09 AM (103F) Full Contact, Adults - All Grades - Fem.	(3)
10:14 AM 10:32 AM (42F) Sparring Points, 16-17yrs - Adv - Black - Fem.	(6)
10:37 AM 10:55 AM (43F) Sparring Points, Adult - Beg.-Inter. - Fem.	(6)
11:00 AM 11:33 AM (44F) Sparring Points, Adult - Adv - Black - Fem.	(11)
11:38 AM 12:02 PM (45F) Sparring Points, Veterans - All Grades - Fem.	(8)
12:07 AM 12:31 PM (101F) Points Contact, Adults - All Grades - Fem.	(8)
12:36 PM 12:48 PM (100F) Points Contact, 16-17yrs - All Grades - Fem.	(4)

MAT 3 CONTINUES NEXT PAGE

NOTE:

Events in the program in **bold text** means that the **top 4 athletes** will compete in the Finals Showcase on Day 2 (Sunday) for 1st, 2nd and 3rd place.



2023 AUSTRALIAN TITLES

SYDNEY, NEW SOUTH WALES

9 & 10 December 2023

DAY 2

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9.30am	President's Welcome	9.45am	Event Commences

MAT 2

		# Athletes
10:00 AM	(104F) Split 104FA - 13-15yrs Juniors - All Grades - Fem. L/Weight	(4)
10:18 AM	(104F) Split 104FB - 13-15yrs Juniors - All Grades - Fem. M/Weight	(3)
10:32 AM	(104F) Split 104FC - 13-15yrs Juniors - All Grades - Fem. Heavyweight	(2)
10:43 AM	(102F) Full Contact, 16-17yrs Colts - All Grades - Fem.	(2)
10:54 AM	(40F) Sparring Points, 13-15yrs - Adv - Black - Fem.	(8)
11:23 AM	(39F) Sparring Points, 13-15yrs - Beg.-Inter. - Fem.	(8)
11:52 AM	(99F) Points Contact, 13-15yrs - All Grades - Fem.	(11)
12:30 PM	(41F) Sparring Points, 16-17yrs - Beg.-Inter. - Fem.	(3)

1:00 PM FINALS SHOWCASE - TOP 4

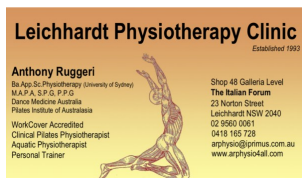
- (9) Trad. Forms, 16-17yrs - Adv - Black - M & F
- (11) Trad. Forms, Adult - Adv - Black - M & F
- (12) Trad. Forms, Veterans - All Grades - M & F
- (43M) Sparring Points, Adult - Beg.-Inter. - Male
- (44M) Sparring Points, Adult - Adv - Black - Male
- (45M) Sparring Points, Veterans - All Grades - Male
- (55M) Sparring Freestyle, Adult - Beg.-Inter. - Male
- (56M) Sparring Freestyle, Adult - Adv - Black - Male
- (57M) Sparring Freestyle, Veterans - All Grades - Male

3:10 PM MAT CLOSED

MAT 4

		# Athletes
10:00 AM	(43M) Sparring Points, Adult - Beg.-Inter. - Male	(7)
10:26 AM	(44M) Sparring Points, Adult - Adv - Black - Male	(11)
12:04 PM	(45M) Sparring Points, Veterans - All Grades - Male	(8)
12:33 PM	(101M) Points Contact, Adults - All Grades - Male	(9)

MAT 4 CONTINUES NEXT PAGE



ClubManager
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2023

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SYDNEY, NEW SOUTH WALES

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MAT 3

Continued from previous page

12:15 PM FINALS SHOWCASE - TOP 4

- (10) Trad. Forms, Adult - Begin.s - M & F
- (110) Trad. Forms, Adult - Inter. - M & F
- (43F) Sparring Points, Adult - Beg.-Inter. - Fem.
- (44F) Sparring Points, Adult - Adv - Black - Fem.
- (45F) Sparring Points, Veterans - All Grades - Fem.
- (55F) Sparring Freestyle, Adult - Beg.-Inter. - Fem.
- (56F) Sparring Freestyle, Adult - Adv - Black - Fem.
- (57F) Sparring Freestyle, Veterans - All Grades - Fem.

3.10 PM MAT CLOSED

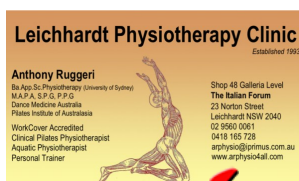
MAT 5

- 10:00 AM (34) Sparring Points, 7yrs & Under - All Grades - M & F
- 10:32 PM (37) Sparring Points, 11-12yrs - Beg.-Inter. - M & F
- 11:13 PM (38) Split 38A Sparring Points - 11-12yrs - Adv - Black - Fem.
- 11:42 PM (63) Sword Combat, 7yrs & Under - All Grades - M & F
- 12:14 PM (65F) Sword Combat, 11-12yrs - All Grades - Fem.
- 12:40 PM (65M) Sword Combat, 11-12yrs - All Grades - Male
- 1:21 PM (66M) Sword Combat, 13-15yrs - All Grades - Male
- 1:47 PM (66F) Sword Combat, 13-15yrs - All Grades - Fem.

2.10PM MAT CLOSED

Athletes

- (10)
- (12)
- (8)
- (9)
- (7)
- (12)
- (7)
- (4)



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ClubManager

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MAT 4

Continued from previous page

Athletes

1.00 PM

FINALS SHOWCASE - TOP 4

- (6) Trad. Forms, 13-15yrs - Beg.-Inter. - M & F
- (8) Trad. Forms, 16-17yrs - Beg.-Inter. - M & F
- (39F) Sparring Points, 13-15yrs - Beg.-Inter. - Fem.
- (39M) Sparring Points, 13-15yrs - Beg.-Inter. - Male
- (41F) Sparring Points, 16-17yrs - Beg.-Inter. - Fem.
- (41M) Sparring Points, 16-17yrs - Beg.-Inter. - Male
- (51F) Sparring Freestyle, 13-15yrs - Beg.-Inter. - Fem.
- (51M) Sparring Freestyle, 13-15yrs - Beg.-Inter. - Male
- (53F) Sparring Freestyle, 16-17yrs - Beg.-Inter. - Fem.
- (53M) Sparring Freestyle, 16-17yrs - Beg.-Inter. - Male

3:10PM

MAT CLOSED

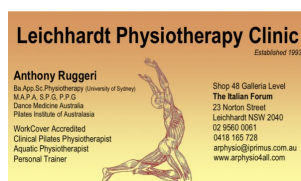
MAT 6

Athletes

- 10:00 AM (38) Split 38B Sparring Points - 11-12yrs - Adv - Black - Male
- 10:47 PM (36) Split 36A Sparring Points - 8-10yrs - Begin.s - M & F
- 11:16 PM (36) Split 36B Sparring Points - 8-10yrs - Inter. - M & F
- 11:42 PM (36) Split 36C Sparring Points - 8-10yrs - Adv- Black - M & F
- 12:26 PM (64) Split 64A - Sword Combat, 8-10yrs - Begin.s - M & F
- 12:49 PM (64) Split 64B - Sword Combat, 8-10yrs - Inter. - M & F
- 1:27 PM (64) Split 64C - Sword Combat, 8-10yrs - Adv- Black - M & F

2.10PM

MAT CLOSED



**SYDNEY LUXURY SMASH
REPAIRS**

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Leichhardt Physiotherapy Clinic

Established 1993

Anthony Ruggeri

Ba.App.Sc.Physiotherapy (University of Sydney)
M.A.P.A., S.P.G., P.P.G
Dance Medicine Australia
Pilates Institute of Australasia

WorkCover Accredited
Clinical Pilates Physiotherapist
Aquatic Physiotherapist
Personal Trainer



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23 Norton Street
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arphysio@iprimus.com.au
www.arphysio4all.com

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***Anthony is a martial artist veteran who also has been treating martial arts injuries at local, state and national levels for over 30 years !!**

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湛省流空手道国際機関本部

Jin Sei Ryu Karate Do

International Invitational Benefit Tournament

~ 5th Anniversary of Jin Sei Ryu Karate-Do International ~

湛省流空手道国際機関本部

Jin Sei Ryu Karate Do

International Invitational Benefit Tournament

~ 5th Anniversary of Jin Sei Ryu Karate-Do International ~

~ Kancho Ino's 50th Year of Budo Training ~

Saturday, 6th July 2024 from 9am to 4pm

Sydney University Sports and Aquatic Centre, Darlington NSW

~ Empty-Hand Kata ~ Traditional Weapons ~ Breaking ~

~ Sparring (Shadow/Points/Freestyle/Semi-Contact/Full-Contact) ~

Proceeds donated to Cancer Council Australia and Headspace Australia

(w) www.jinseiryu.com.au / (e) frontdesk@jinseiryu.com.au

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SOENO, SOSUI SPECIAL CLASS

FRIDAY March 15, 2024

Kempo Genbu Ryu So-Hombu Dojo, 41 Third Ave Blacktown NSW

SPECIAL EVENT

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SPECIAL GUEST

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Founder of Shidokan - The Tiger of Kyokushin



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2024 WMAC Dates

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NSW - Sydney Region		ACT - Canberra Region	
Round 1	3-Mar-24	Round 1	7-Apr-24
Round 2	5-May-24	Round 2	16-Jun-24
Round 3	28-Jul-24	ACT State Titles	20-Oct-24
NSW State Titles	15-Sep-24	VIC - Melbourne Region	
NSW - Newcastle Region		Round 1	TBA
Round 1	30-Jun-24	VIC State Titles	TBA
NSW - Port Macquarie Region		Japan Region	
Round 1	4-Aug-24	Saitama (Tokyo)	30-Jun-24
NSW - Coffs Harbour Region		Yokohama	29-Sep-24
Round 1	19-May-24	Auckland Region	
NSW - Dubbo Region		Round 1	TBA
Round 1	24-Mar-24	Round 2	TBA
NSW - Orange Region		NZ Open	TBA
Round 1	18-Aug-24	Europe	
QLD - Gold Coast Region		Portugal	21/09/2024 & 22/09/2024
Round 1	10-Mar-24		
Round 2	21-Jul-24		
QLD State Titles	13-Oct-24		
Australian SQUAD - 1 Day Clinics			
Sydney NSW - 10 March, 26 May, 25 August		Gold Coast QLD - 7 April, 2 June, 8 Sept	
Locations & times will be advised to the Squad during 2024			
Enquires to: HeachCoach@ AMAC hampionships.com			
All activities dependant on Covid Resrtictions			
Australian Titles 2024			
30 November & 1 December			
Locaton to be Annouced Day 2 of the Australian Titles 2023			

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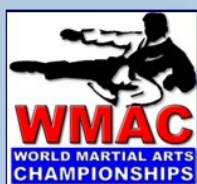
SUNDAY 17 MARCH 2024

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