

## Special Starter Packs

When you register as a new member with EMAA you are eligible to take advantage of our special starter packs. These packs have been put together so you can quickly obtain all the equipment you will need for training whilst saving you money !

### JUNIOR STARTER PACK KARATE :

Registration and Insurance \$85  
 Dogi (karate uniform) \$50  
 Shin Pads \$20  
 Hand Mitts \$15  
 3 x Months Training Fees \$150  
 Normal Cost \$320  
 Special Starter Pack Price only \$260

### SENIOR STARTER PACK KARATE :

Registration and Insurance \$85  
 Dogi (Canyas Karate Uniform) \$100  
 Shin Pads \$20  
 Bag Gloves \$35  
 3 x Months Training Fees \$170  
 Normal Cost \$410  
 Special Starter Pack Price Only \$340

### KICK BOXING STARTER PACK :

Registration and Insurance \$85  
 Boxing Gloves \$70  
 Hand Wraps \$13  
 Skipping Rope \$10  
 Shin Pads \$20  
 3 x Months Fees \$170  
 Normal Cost \$ 368  
 Special Starter Pack Price Only \$300

ASK FOR YOUR STARTER PACK TODAY!

Classes @ Research Primary School  
 1570 Main Road  
 Research Vic 3095  
 Mail To : PO Box 1216 Upwey Vic 3158

Phone : 0410 603 464  
 Email : [Elthammartialarts@gmail.com](mailto:Elthammartialarts@gmail.com)  
 website : [www.elthammartialarts.com](http://www.elthammartialarts.com)

	<b>MONDAY</b>	<b>WEDNESDAY</b>	<b>SATURDAY</b>
KIDS KARATE	5.30—6.30pm	5.30—6.30pm	Mixed Karate 12—1.30 pm
ADULTS KARATE	6.40—8.00pm	6.40—8.00pm	Mixed Karate 12—1.30 pm
KICK BOXING	8.10—9.10pm	8.10—9.10pm	1.40—2.40pm



**Let EMAA and Martial Arts  
change your life !**

*Read on to find out  
how....*



## Kyokushin Karate

Masutatsu Oyama, or better known as Mas Oyama or 'Sosai' was the founder of Kyokushin Karate. Translated, Kyokushin literally means "Ultimate Truth". In his early days, Mas Oyama studied various forms of marital arts. He then took what he considered the best techniques from those styles to form Kyokushin Karate. Sosai spent 18 months living in the mountains training and developing his techniques. Upon his return he challenged anybody from any style to beat him. Over 267 Opponents tried but not one of them could. Such was the awesome power of sosai that he was able to kill bulls (destined for the slaughter house) with a single punch, and then chop their horns off with his bare hands. These early demonstrations earned him the title of 'God Hand'. Sosai



*Sosai Mas Oyama.*

Oyama passed away in April of 1994 leaving behind a legacy of a remarkable human being.

Besides the strong side to his Karate, he was also a very humble and philosophical man.

Many of his philosophies and principals

survive today through his books and the like, however none so much as through the practice of Kyokushin Karate and it's principals which are passed on through generations of instructors and students.

Osu Sosai, may your wisdom continue.

## Titans Kickboxing

The Kickboxing classes at Eltham Martial Arts Academy are suitable for both men and women interested in learning this type of self defence, and even for those just looking at improving their health through fitness. For those students wishing to progress their training into the fighting ring this is also possible as there are numerous opportunities for competition. Standard classes concentrate on ensuring students are taught the basic fundamental kickboxing techniques (such as punching, kicking, blocking, weaving, defence etc ), and also on developing fitness and strength.

Later as the student progresses, basic Muay Thai techniques are incorporated into the syllabus giving and insight into the origin of the style, and the culture that comes from this ancient Thai Fighting Art. Such basic Thai Boxing techniques that are covered are elbows, knees, grappling and the concept of the Wai Khru (teacher respect ritual).

### Eltham Martial Arts Academy

Eltham Martial Arts Academy was established in 1990 by Shihan George Kolovos, Head instructor of Melbourne Martial Arts Academy. Today, MMA is one of the largest Training Centres in Australia and is our Head Dojo or Headquarters. Visit [www.mkk.com.au](http://www.mkk.com.au) for more details.

Today, EMMA is run by Sempai Kiley Baker.

### Head Instructor :

Sempai Kiley Baker has been training in martial arts since 1994 and teaching since 1999. For two years she was teaching on a full time basis for the head dojo in the city under Shihan Kolovos. She obtained her Ni Dan under Shihan Kolovos in 2001 and also her black singlet in Titans Kickboxing.

Sempai Kiley has been actively involved in the Kyokushin full contact Karate circuit and also the Titans Kick boxing Circuit. She is a three time Victorian Kyokushin Full Contact Champion winning the lightweight division in 2001,2002, and 2004 and a two time World Ring Karate Australia (WRKA) champion. During her fighting career Sempai Kiley has competed and won in many local tournaments as well as overseas in New Zealand and more recently competing in Japan.

Her other qualifications are having completed certificates I-III in Sport and Recreation and level 2 First Aid. She is also a Registered Judge and Kickboxing trainer with the Professional Boxing and Martial Arts Board of Victoria.

### FAQ 's .....

**First Classes...What do I wear?** Traditionally in Karate we wear a 'dogi' Karate uniform and the kickboxing also has club shorts and singlets. However, for your first classes simply wear loose comfortable clothing such as a T-shirt and track pants or shorts.

### What are Gradings and when can I do them?

After about 10—12 weeks of training you may be able to participate in your first grading. Gradings are basically a test to see how you are progressing. Upon joining EMMA students receive a syllabus book setting out their requirements for each grading up to and beyond black belt / singlet.

### Can I participate in Tournaments?

Melbourne Kyokushin Karate holds numerous tournaments throughout the year giving students an opportunity to test their skills. Tournaments cater for novice to International, catering for all.