



## **Report on Mixed Training Seminar – Mount Gambier - 13 April, 2019**

by **Anton Baseley**

On Saturday the **13<sup>th</sup> April 2019**, several martial arts schools across a variety of different styles came together to attend a mixed training seminar, the first of its kind in the Mount Gambier region.

The seminar was organised by Sidai **Anthony Baseley** of **Jik Cheung Kung Fu Australia**.

Participants from the **Mount Gambier Jujitsu Club**, **Mount Gambier Martial Arts Academy**, **Azure Tae Kwon Do**, **Jik Cheung Kung Fu Australia**, **Naracoorte Limestone Coast Kyokushin Karate** and the **Society of Martial Arts Australia (SOMA)** attended the seminar which was hosted by the **Mount Gambier Martial Arts Academy** at their O’Halloran Terrace Dojo.

### **FIRST SESSION:**

The first training session was presented by **Kensei Barrie Revell**, **President of SOMA Australia** and his student **Kyoshi Geoff Worden**, who travelled from Adelaide to attend on the day.

Drawing on extensive experience in multiple styles of karate and other martial arts, Kensei Revell provided insight into the basics of hanbo (short stick) fighting to seminar attendees, working on a variety of attacking, defending and disarming techniques.

A short session on bokken (wooden swords) followed, providing the students with further exposure to new weapons. To finish off the first session of the day, Kensei Revell performed the “eight cuts” sword kata known as Hapko Kiri.

### **SECOND SESSION:**

**Sensei Dave Grassi** of the Mount Gambier Jujitsu Club delivered the second training session. Sensei Grassi taught Japanese Jujitsu based purely on self-defence. He focussed on showcasing a range of jujitsu wrist and arm locks.

Students were instructed in the art of trapping an opponent from a variety of different attacks, including wrist grabs, throat grabs, side throat grabs and handshakes. Methods of escaping these attacks without engaging the opponent or escalating the situation were also taught.

Sensei Grassi’s session highlighted the importance of the first movement of a sequence; a theme consistent across multiple martial arts.

Following a social break over a BBQ lunch, the third session commenced.

### **THIRD SESSION:**

**Sensei Greg Povey** of the Mount Gambier Martial Arts Academy demonstrated several conditioning drills of Kyokushin Karate, providing insight into the sparring philosophy of the host Dojo.

The collaborative atmosphere of the training seminar saw students of various ranks guiding and mentoring students from other martial arts styles through various sparring related techniques.

Participants were instructed in various conditioning exercises to minimise the damage felt during sparring, distance manipulation drills to improve ring craft and control of a fight; and response training in order to improve reaction times post receiving a hit during a sparring match.

### **FOURTH SESSION:**

Senior instructors from the **Azure Taekwon Do Club** then provided a session dedicated to balance, control and precision as students were guided through Taekwondo kicks and strengthening exercises.

Starting a traditional Taekwondo stance, seminar attendees were guided through a series of connected kicks, starting with smaller movements and gradually expanding as the session continued. The session provided an opportunity for karate, kung fu and jujitsu students to experience a very different method of kicking, and develop awareness of new methods of attack.

The session concluded with a challenging series of stretches focusing on improving flexibility to allow a greater range of movement in attack.

### **FIFTH AND FINAL SESSION:**

A brief session by **Jik Cheung Kung Fu Australia** completed the seminar, with **Sidai Terry Farrell** demonstrating the use of Muk Yan (wooden dummy) and the applications of this apparatus in self-defence.

Students were shown how to adapt techniques practiced on the wooden dummy to real life defensive scenarios. Utilising combinations of hands, elbows and kicks, attendees were briefly shown how to redirect their opponent and complete an effective counter attack in one flowing motion.

### **SUMMARY:**

Throughout the day, students were encouraged to train with different martial arts styles to develop further understanding of the principles and differences in each.

At the end of a successful day of training, attendees all agreed the day presented many learning opportunities and challenges. All involved look forward to continuing to provide mixed training

seminars to martial arts schools around Mount Gambier and the surrounding districts in future, with hopes that this event will become an annual fixture.

For more information on the participating clubs, please visit their Facebook pages.

Society of Martial Arts (SOMA),  
Mount Gambier Jujitsu Club,  
Mount Gambier Martial Arts Academy,  
Azure Taekwon Do Mount Gambier,  
Jik Cheung Kung Fu Australia.