

BJC ESKRIMA

VIC CAMP

SEPTEMBER

12th, 13th & 14th

"FILIPINO WEAPONRY TRAINING WEEKEND"

- Camp, Weapons Forms and Stickfighting Tournament -



Where:

Accommodation: Koolamurt Park Scout Camp, Mandurang Road, SPRING GULLY

Training: Tom Flood Sports Centre, Bernard St, BENDIGO

When:

7pm Friday September 12th – 12pm Sunday September 14th

Cost:

\$165 FULL CAMP, 2 night's accommodation; meals; training

\$135 PART CAMP, 1 night's accommodation; meals; training

\$105 SATURDAY ONLY, meals; training

\$15 Tournament entry

Training Sessions

Instructors will present a variety of sessions covering:

- Weaponry training: sticks, staff, dagger, palm stick, empty hand, covering:
 - Applications: disarms, locks and takedowns
 - Flow and rhythm drills
 - Form work

- Instructor sessions – including advanced stick and dagger, abesedarios

You will need to Bring

- Sleeping equipment (sleeping bag, pillow, blanket), toiletries, warm clothing, towel.
- Training uniforms & equipment, protective gear, training weapons, and anything else for your training

Session outline:

Friday: 7:00pm – 9:00pm (training)

Saturday: 9:00am – 5:00pm (training)

Saturday: 6:30pm – 9:30pm (tournaments)

Sunday: 10:00am – 12:00pm (training)

PLEASE FORWARD 10% DEPOSIT TO BJC AEK TO SECURE YOUR PLACE!

Final Payments Due: Friday 8th of August

Enquires:

Glen Eden

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Vela Georgiev

Mob.: 0403 876 008

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To register: e-mail or fill in the form below and either mail it the address given or hand it to your AEK instructor.

Mail to:

BJC ESKRIMA

Level 1, 734 Plenty Rd Reservoir 3073

Name(s)	Full Camp	Part Camp	Phone and address	Rank	10% Dep.	Vegetarian
1.						
2.						
3.						
4.						