

BOXING MIXED MARTIAL ARTS & SWORD

PRIMATIV WARRIOR SEPTEMBER 2008



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20/118 QUEENS RD FIVE DOCK

OUT BACK OF BOURKE-GATEWAY TO THE OUTBACK

I have long had the dream to mix adventure with our training.

And slowly I moving towards making these dreams a reality

We can't practice our self-defense skills on the street both legally and morally but we can take ourselves out of our own comfort zones and venture into the amazing Australian bush and outback.

In the last few weeks I have been exploring inland New South Wales with the idea of possibly purchasing another property allowing us to be able to hop to the

Australian outback.

Happily, I can say that I am now in the process of buying a shop and attached residence in the north western situated town of Bourke for what I consider to be a very good price and am even able to rent the shop back to the current owner for a return unheard of in Sydney.

Bourke or 'Back of Bourke' as affectionately known has as it's motto 'Gateway to the real outback' and is steeped in history. Obviously this is not a down the road journey but my idea is that we

can do a night at Rylstone then a leisurely 5 hour journey to Bourke from there.

From Bourke there is obviously the outback but also the Opal fields and Lightning Ridge which are both beautiful and fascinating.



Google side view of property Sturt St Bourke

QUICK CALENDER 2008

- 29th -31st August Rylstone Camp all welcome
- 18th September General shirt promotion Grey to Black Shirt Joe's boxing
- 25th October Fight Night all welcome
- 20th November General Shirt Promotion Grey to Black
- 4th December Primativ Belt promotion
- 18th December last class for 2008



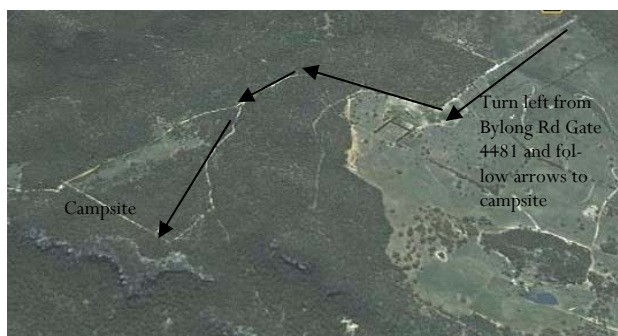
RYLSTONE RETREAT END OF WINTER CAMP 29TH - 31ST AUGUST

What to Bring

Although we have reasonable facilities and inside sleeping for up to about 15 people if it pours, it may still pay to at least bring a blanket or two or sleeping bag. I will be taking a tent and there are a couple of tents standing although they have been weathered a bit. There is power in the van and an electric shower. We have a toilet block with enclosed toilet with boat type flush. The weather can be quite a lot cooler than Sydney so to be safe bring your winter woollies. We will be cooking over an open fire but have ample cooking pots, frypans, plates and cutlery. The road from the main road is dirt and a little rough in one place

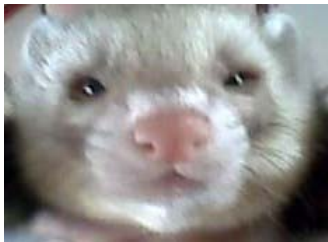
but shouldn't damage or scratch your car just travel at a sensible speed for the conditions. Watch out for the wildlife there's plenty of it especially if coming in at night.

Retreat directions from the main Road to the



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Freddie's corner

Today I would like to talk about the importance of getting lots of sleep. I think it's really important for your health to get lots of sleep. In fact if I could get that human that feeds me to bring me my food in bed I wouldn't get out of bed at all and could get even more sleep and be even healthier! I'm tired now from all this writing so I think I will go and have a snooze

Cya!

GRADING RESULTS 15TH AUGUST 2008

Graded to
Brown Advanced

Student
Wared Tannous

Blue Advanced

Damian Zanatta
Thomas La Motta
Luke Gallagher
Amanda Belton
Sam Moon

Blue New

Green

Alex Goth
Joshua Cappello
Jackson Hering

Yellow

Leo Byfield

Thankyou to Senpai Joel for doing such a great job with the kids. We look forward to them strutting their stuff on our fight night on 25th October. As you can see from the timetable there is now opportunities for kid's and adults to train together. It is also more practical again to have younger kids training again so don't feel there is an age restriction to the classes. The grading night was so enjoyable so thanks everyone for your efforts. Osu Ssei Joe

FIGHT NIGHT SATURDAY 25TH OCTOBER 2008

Let's get it on !

In the Red Corner

Patrick vs. Blake

Ben vs. Daniel

Adrian vs. Oscar

Joe vs. Justann (2 time Olympian)

Girl-fights (points)

Big Glove fights

Kid's MMA Fights

Laurel & Hardy comedy style fights

Meet former Australian & world boxing and kickboxing champions

Entry via gold coin and bring change to shower the competitors if they put up a good performance.

It is my hope that we get as many of our friends family

and general public to come and have some fun. I would love some help in organizing the event. I will probably provide some refreshments on an informal basis and BYO is certainly fine.

Will have an area where can sell some merchandise and there will be door prizes and special memberships available on the night.

Sponsorship is truly available



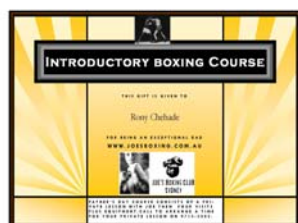
More pictures from Retreat below. A beautiful rock formation and reverse view of entrance to property via Google (entrance on right just before sign)



FATHER'S DAY GIFT IDEAS

Gift certificate Boxing

consists of four visits plus equipment (gloves, wraps, skipping rope & T-shirt) plus one private lesson with Joe.
Price \$150



Boxing Training Set

10oz Gloves ,Wraps, Skipping-rope, Focus Mitts, Carry Bag

Price \$100

Bash your mate in the Backyard boxing set

- 2 x 14oz Gloves
- 2 x full-face headgears
- 2 x hand wraps
- 2 x mouthguards
- 1 x carry bag

Price \$200

Cutting Edge Sword Course

Consists of private lesson with Joe plus four lessons and samurai sword to own with stand

Price \$200



Certificates can be downloaded from our websites and payment options detailed there or see me