

# National Australian Conference

## September 13th 2014



### Programme of Events

**10:30am Opening Ceremony by Colin Wee of Joong Do Kwan, IAOMAS Coordinator**

Participants to come 10:15 for a 10:30 start. Please bring your own personal safety equipment, water bottle, towel, and, if you so desire, note taking material and camera. Hot drinks will be provided.

**10:45am Dr Nigel Farrier of Martial Arts Education Centre**

Using your body more effectively for weight transference and generating speed. This is applicable to all styles for striking and throwing.

**11:35am Dan Djurdevic of Academy of Traditional Fighting Arts (Wu Wei Dao)**

Fighting in the 'melee' range; understanding the significance of 'toe to toe' fighting in civilian defence, distinguishing it from sport fighting, learning to dominate it and avoid collapsing into the clinching/grappling range.

**12:20pm Lunch | Brochure Table Open**

A light lunch and drinks included for participants. If you have allergies to hot dogs, BYO. No alcohol please.

**12:45pm Presentation on Tabata Exercise by Dr Nigel Farrier**

How to Get Fit with about 15min exercise a week

**01:00pm Presentation on Nutritional Supplementation by Dragan Malesic of Shinobi Bujinkan Perth**

**01:15pm Debbie Clarke of Southern Cross Bujutsu**

Yawarra stick (Kubotan) and its versatility and manipulation, its use in joint locks, and its value in self defence. Sticks will be on loan to participants.

**02:10pm Andrew Hickey of Inner Circle Combatives Australia**

ICCA will focus on the Do No Harm/Do Extreme Harm concept and how it applies to the continuum of force and legal application of force method. This is done through techniques and drills, demos, and a full force full aggression demo if time permits.

**03:05pm Nigel May of KOMA Sepac**

Hapkido's joint locks closes off the conference with a focus on gap closing/entries and a combative approach to the use of joint locking.

**04:00pm Ashley Johnson Sword Demo Closing Session**

**04:15pm Group Photo, Chairman Award Presentation and Closing Ceremony**

Participants to wear their official uniforms. Venue for informal get together will be announced.

**For more information visit [www.IAOMAS.com](http://www.IAOMAS.com)**

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