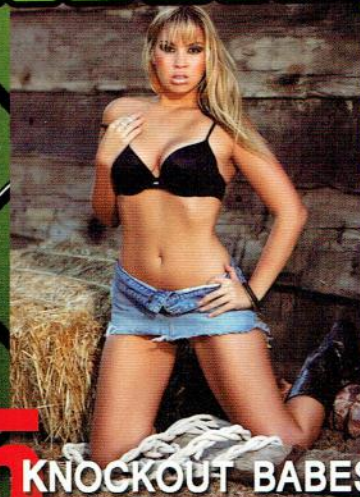


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MMA SPORTS



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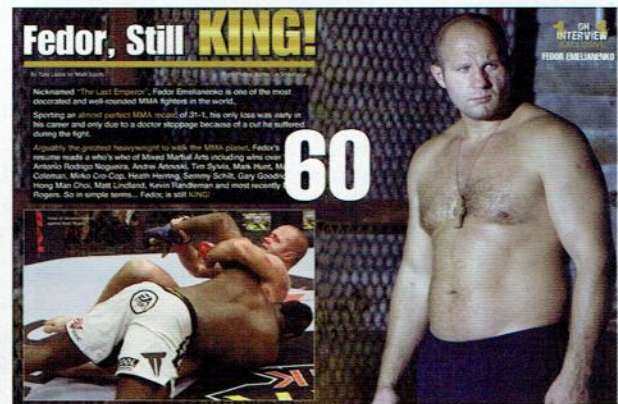
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PANKRATION

MMA ON THE MAT

Mixed Martial Arts is one of the fastest growing sport, regardless of how one feels about it, its' popularity is ever increasing. For some it is seen as aggressive and violent, and to others it is purely a sport enjoyed and looked upon like every other sports. Whether it is frowned upon or enjoyed, with guidance and the right attitude, mixed martial arts could be led on the right path for our future generations of athletics.

Sifu Zaya and Master Sid of TCB Martial Arts Centre at Guildford along with Master Kon Papaioannou from the Australian Federation of Pankration Athlima aims to educate and provide an understanding of the sport of mixed martial arts and lead it in the right direction with rules catered specifically with safety in mind. Working in conjunction with the Australian Government Combat Sports Industry, regular training programs and courses are held by Sifu Zaya every year in educating, training, crediting instructors, judges, referees, and fighters.

The history of mixed martial arts originated from Pankration. Unknown to some, Pankration is an ancient Olympic Greek Martial Art and Athletic Combat Sport integrating kicks, punches, throws, grappling and submission techniques, and is

essentially the earliest form of martial arts known today as Mixed Martial Arts (MMA).

Pankration, the origin of Mixed Martial Arts Sport can be a very effective form of martial arts regardless of its use, whether in competition or as a street self defense, can be beneficial as it combines both stand up and ground fighting situations.

One cannot dismiss the popularity of this sport of mixed martial arts, but can only help to guide it in the right direction for those keen to learn it. Especially for juniors, the young aspiration and future of our generation with the innocence and heart of gold.

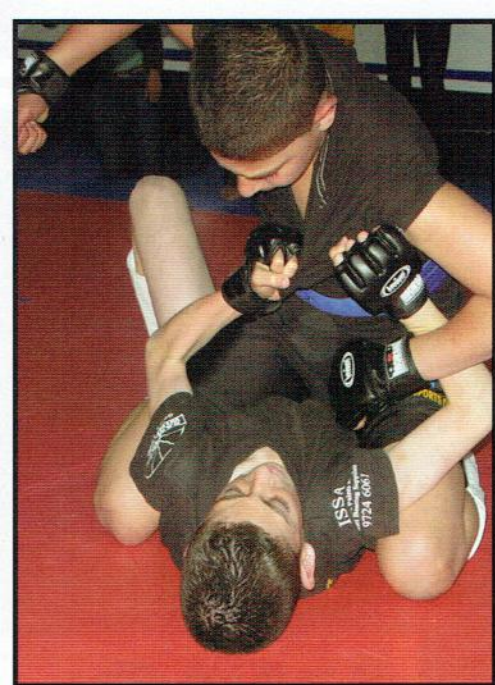
Which lead to the first Juniors MMA on the Mats competition catered especially for kids.

The competition was held in September 2009 with entrants from different schools with various martial arts background. Results were outstanding, way above expectation for these juniors that seemed so innocent, but very skilful and with true determination. An incredible fight by Gorge Mormovas, who unfortunately missed out on the title shot by one point. Omar Elabed with his awesome Tae Kwon Do kicks. Emra Hasan from from MMA Centre Villawood and Ivan Satchaphansy from TCB Martial Arts for giving it a

go, and the incredible lady of the event, Madison Ashby with her remarkable grappling skills. At the end of the day, over 40 Trophies and Medals were presented, and two Juniors MMA Championship Belts in two categories were also presented. In the Four Man Elimination Title Bout, Alex Muscat was the spectacular from Martial Energy of Kemps Creek with Coach Instructor Normie Daghel and in the Eight Man Elimination Title Bout was Adam Issa from Black Cobra of Punchbowl with Coach Instructor Master Khaled Elabed.

The Juniors MMA on the mats competition was established in response to the fast growing sport of mixed martial arts, and also in response to parents that would much prefer to see their kids using and testing their fighting skills in a much safer, fun and controlled environment with judges and referee, than regrettably in the streets where fights cannot be controlled or stopped. Alongside Juniors MMA on the Mats, other promotions include Ring Pankration and Mat Pankration for Local, State and National with qualifying winners competing in the World Pankration Championships.

Written by Jeni Satchaphansy.



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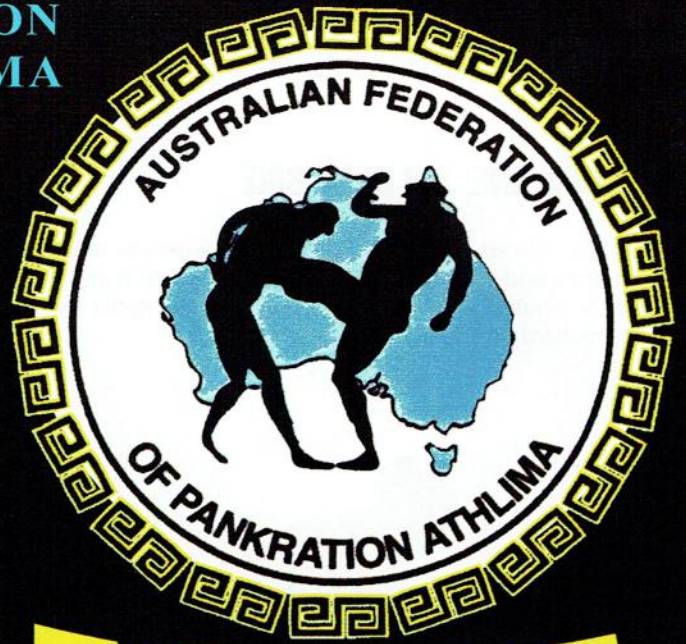
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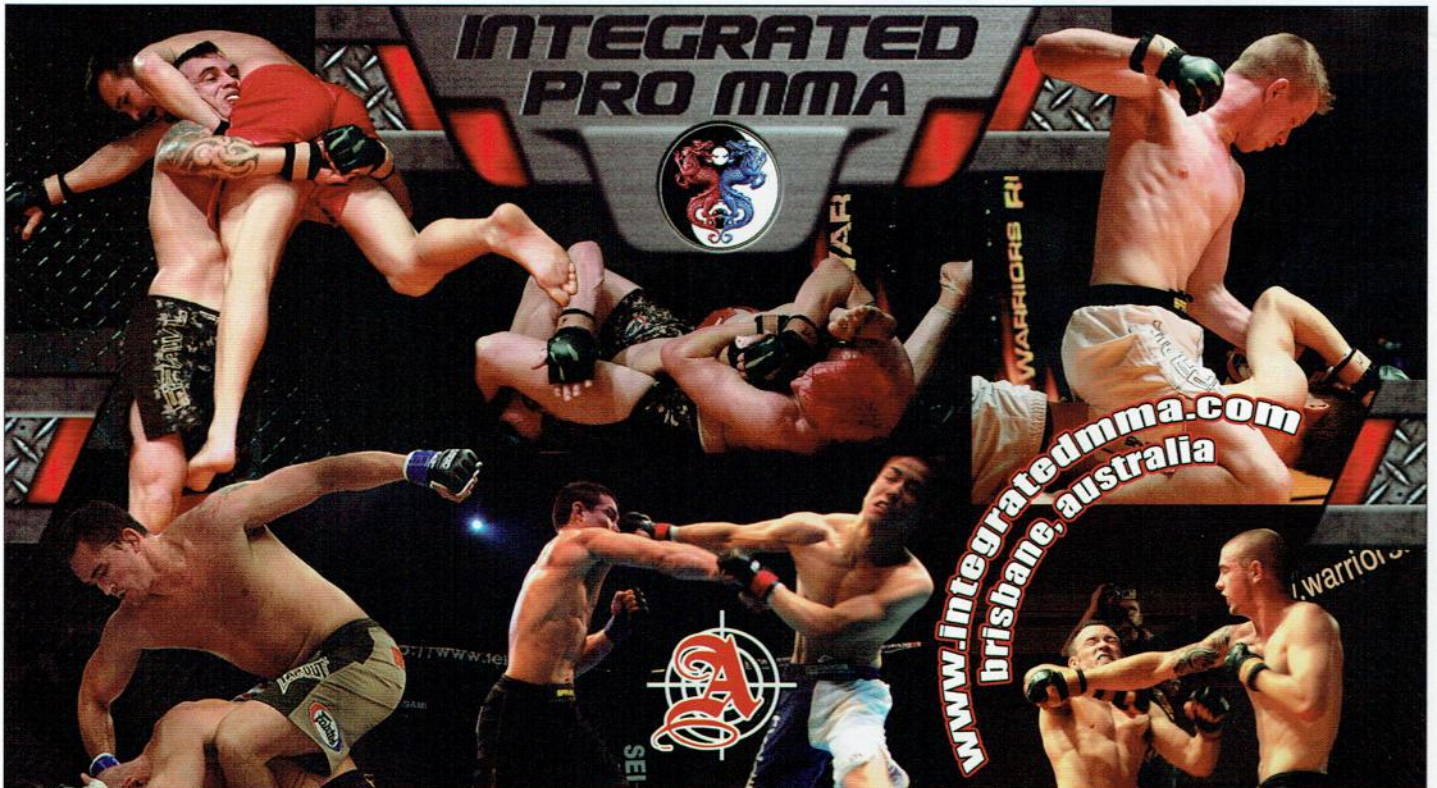
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