

## **CESSNOCK 2009 – by Matthew Hazlett**

8am Saturday 14th November started with one hour of Gary's Boot camp which got the weekend off with a bang and I think woke a few people up from a restless nights sleep at the Aussie hotel.

It was good to see the amount of people participating on Saturday with Dragon Den students, Gary's own students and also Walt Missingham's students, all keen and ready for an action packed weekend.

I have a lot of respect for Gary, He has so much knowledge about Martial arts it is unbelievable. I don't think anyone could doubt that we could all sit there and listen to Gary for hours.



**Figure 1 - Danny and Richard**

First off was a session on Filipino Weapons, I always find Kali interesting and always look forward to getting my sticks out. Next the dreaded Beep Test. This test is designed to make the body work harder the tireder you get, most people got between 6 and 7 but Gena did us proud with getting over 10.0 in the test, bearing in mind this was already after a heavy workload.

Brad Casey took us next with Muay Thai and then Krabi Krabong. I really enjoyed the Muay Thai it was very interesting to learn off Brad and Peter Cutland.



**Figure 2 - Gena and Christian**

The afternoon took us through JKD/Silat and covered trapping to close range and blending of the arts.

The day soon came to an end with a few sore bodies and a thirst for some local wine tasting at Littles. The hospitality from Leea and Lerryn was outstanding, snack food was provided by Littles and a very generous amount of wine was tasted by some JKD students.

Most of us were feeling rather tired by the end of all this as it had been a long day for all. Danny and I were in bed by 10:00 and I didn't wake up until Richard started snoring at 6:00.

A few sore heads on Sunday morning from too much wine and the day started off with pad drills and Gary's unique shoulder exercises. A lot of grunting from some of the students and they soon understood what training is involved when competing in the ring and the effort it takes keeping your guard up.



**Figure 3 - Mykola and Michael**

Capoeira is very hard and challenging on the body but watching Christian demonstrate made it look more like riding a bike.

We then followed the afternoon with locking and escapes and by 4:30 I was completely stuffed. The weekend was coming to an end. We finished at 4:30 on Sunday with some farewells and thank yous. We even had the Mayor of Cessnock Alison Davey there to farewell everyone and add her thanks for coming to the town of Cessnock.

So many memories were made out of the two days of training I would like to thank everyone who attended.



**Figure 4 - Sydney contingent**

I look forward to seeing everyone again when the next camp is organised.