



## AMMA Demo Team Tryouts

AMMA will be conducting demo team preliminary tryouts for our demo team during Tip & Test week. Any one interested in trying out must do 30 push ups in 30 secs, 30 sit ups in 30 secs, three standard breaks\*, and a free style demonstration. “Team Amorosi” has always provided a positive image of the dojo through the display of Black Belt Excellence. The Demo Team will be a vehicle for students to show the ultimate potential that can be achieved through the AMMA system. Every one who tries out will be considered. Only the most motivated, creative and technically proficient students will be selected.

*\*wood purchase is student's responsibility*