

Herman Fontini
Camps Bay, Cape Town
Cape Town

Trainer Qualifications

Nine Realms Workout
Accessing Module
Dueling Module
Kill-Zone Module

Course Presenter

Introduction to Edged Weapons
Edged Weapons Combat 1
Accessing While Under Attack
Managing the Kill-Zone 1

Combative Profile

Herman Fontini started as a young Gojo-Ryo Karate Kid and pursued the art for nine years. At the age of 17 he realized that his training still lacked training that translated into what was required to survive on the street.. In his search to for martial knowledge he trained in Ninjutsu, and Aikido. It was in Wing Tsun Kung-Fu that he was first exposed to training that could translate into realistic self-defense. Herman worked constructively to become a Wing Tsung trainer under the guidance of Jochem Starch who also introduced him to AMOK!

He gave up being an instructor in Kung-Fu (Wing Tsung) and became a student of AMOK!

Herman has been studying under Mark and Kelee since 2004, "I have finally found a methodology that keeps my training "real"and provides a complete frame of reference for close quarter fighting". Herman started up his AMOK! training academy in Camps Bay Cape Town in March 2007.