

# STEFAN R. MAETSCHKE

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16.10.2009

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## BACKGROUND

My martial arts training commenced in 1980 when I joined the local Judo club in my hometown (Germany). After two years of Judo training I developed an interest in Shotokan Karate and practiced both sports in parallel since then. In 1994, I added Ju-Jutsu to my training regime. Over the last five years my focus has shifted toward Mixed Martial Arts, Brazilian Jiu Jitsu and Submission Wrestling.

## TEACHING EXPERIENCE

- Weekly Judo classes for adults and children over several years
- Weekly Karate classes for adults over several years
- Weekly Ju-Jutsu classes for adults and teenagers over several years
- Weekly MMA and BJJ classes for adults over several years
- Occasionally larger Judo, Karate and Ju-Jutsu seminars
- Occasionally classes in woman's self-defense

Currently, I run a Mixed Martial Arts (MMA) and Brazilian Jiu-Jitsu (BJJ) club at the University of Queensland.

## RANKS & SKILLS

- Black Belt (4th Dan) Judo
- Black Belt (3rd Dan) Karate
- Black Belt (3rd Dan) Ju-Jutsu
- Blue Belt Brazilian Jiu-Jitsu

Further skills of various degree in submission wrestling, knife and stick fighting, Aikido, Goju-Ryo Karate, Kung Fu, Wing Chun, Silat, Capoeira and Systema.

## LICENSES & CERTIFICATES

- Instructor License Judo
- Instructor License Karate
- Trainer License Ju-Jutsu
- Instructor License Woman's self defense
- First Aid Certificate

(All the licenses above are German licenses)

## ACHIEVEMENTS

- Member of the National German Ju-Jutsu Team 1999-2001
- Winner of the National German Ju-Jutsu Championships in 2000
- 2nd Place National German Judo Kata Championship 1999, 2000
- Winner of many other, smaller Ju-Jutsu, Judo and Karate competitions

## OTHERS

- Author of the Judo book "Nage No Kata: Die Kunst des Werfens"  
(ISBN 978-3937312583)
- Web master of the martial arts website [www.budopoint.de](http://www.budopoint.de)