

# BLACK & BLUE<sup>®</sup>

## DESIGNER FITNESS WEAR



AUSTRALIAN  
MADE CLOTHING



## ABOUT US

Black and Blue Fashions is an independent Australian producer of unique and innovative gym wear, fitness fashion and lifestyle apparel for Men and Women. For more information, check out our website: [www.blackandblue.com.au](http://www.blackandblue.com.au)

## DESIGN

From the very beginning in 1981 the founder, fashion designer, Gary Minos combined his two passions which were fashion and sport. Gary's unique ability to create clothing that moulds to the contours of the body lead him to create a premium range of cutting edge fitness wear clothing with superior quality, durability, comfort and style.

## FABRICATION

Black and Blue are proud that from the beginning they have kept their attention to the selection of fabrics that provide wearer versatility, light weight, natural breathability and comfort. Our new product releases, fabrics and colours are made with direct communication and the valuable customer feedback obtained from a broad age group.

## SIZES

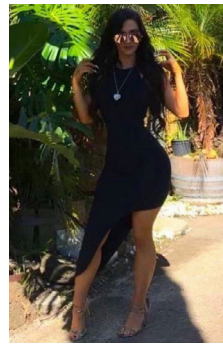
Black and Blue provide sizes to fit smaller to larger physiques and different heights. The Men's sizes range from small – 3/xl. The Women's sizes range from xxs – large. Black and Blue also provide Uniforms for Gymnasiums, Dance Studios and Martial Arts Academies in children's sizes as well as adults.

## SPONSORS



## OUR WOMEN'S RANGE

The Women's Fitness Fashion, Gym and Lifestyle range offers innovative design, versatility, style and comfort. The Women's lines consist of a broad range of Fitness Apparel in assorted colours.



The Formal Fit Women's range was developed by our youngest designer Angie Minos in September, 2016! The Formal Fit range is designed to compliment a women's curves as it combines comfort and style inspiring women to feel comfortable and look beautiful in what they wear.

## OUR MEN'S RANGE

The Men's Fitness Fashion, Gym and Lifestyle Range has a great choice of designs to suit your exercise needs no matter what sport you are into. The Men's lines consist of a broad range of designs of Fitness Apparel that is perfect not only for your exercise needs but comfortable and stylish to wear as street wear. The fabrics are carefully selected for breathability and versatility in assorted colours.

## VISION

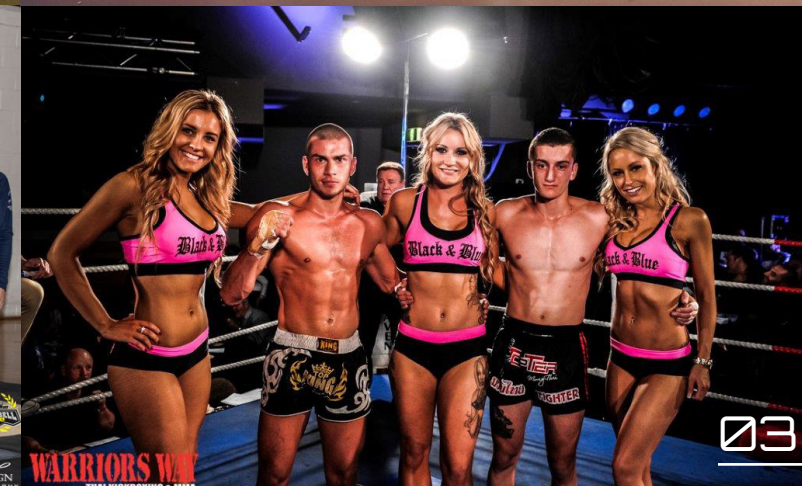
Our vision is to introduce our label into new international markets with our Unique Designer Made Apparel to Inspire and Motivate Fitness and Confidence to a broad range of age groups. Black and Blue will continue to exhibit their innovative collections at National and International platforms in the future and to create new and Innovative designs for customers that seek Quality, Brand Integrity and a Steadfast history!

## HISTORY

A strong affiliation with bodybuilding started in the mid 80's when Black and Blue promoted and sponsored Bodybuilding events Australia wide. Many International Bodybuilding teams were proud to represent Australia wearing the Black and Blue designs which concentrated on quality and practicality for the serious athlete.

Black and Blue have also sponsored Martial Arts and Kickboxing events, World Kickboxers and Boxing Champions and also sponsored Basketball and Grid Iron in the early 90's.

Black and Blue proudly continues to support many fitness industry events such as Sport and Fitness Expos, Arnold Classic, Bodybuilding shows and recently a World Kettle bell event held in Melbourne.







## Stan “The Man” Longinidis

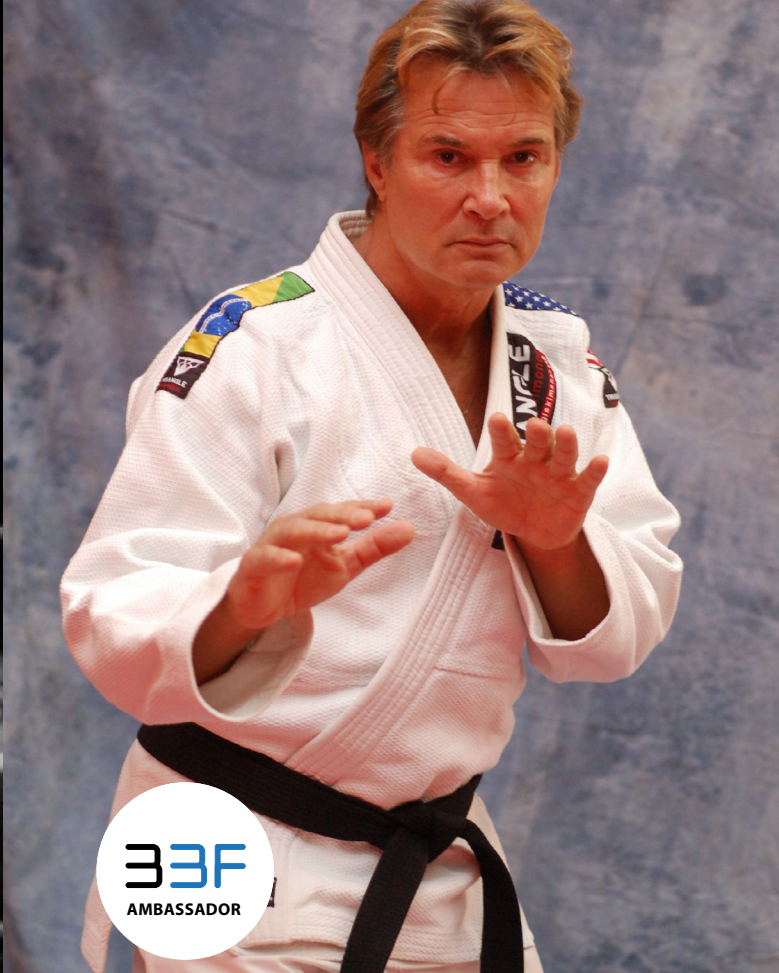
The most inspiring of athletes and long-time Black and Blue Ambassador is Eight Time Heavyweight World Kickboxing Champion, Stan “The Man” Longinidis. Stan is the first Kickboxer to be inducted into the Sport Australia Hall of Fame from any Martial Art Fighting Code. With an incredible fight record of 101 fights, 88 wins, 65 KO; Stan was the first to win a World Title while putting his name up in lights and his country on the map around the world, creating a pathway for other young Aussie Fighters. Since retirement, Stan has become a well-respected sought-after Motivational Speaker across Australia. Co-Founder of STAN THE MAN GROUP, the business offers tailored Personal Development programs and articulation material specifically customised for corporate business, sporting clubs, schools and many other forums. Stan’s key point of topic is Mindset and the Power of Belief.

Here is Stan’s testimonial about Our Company: “Black and Blue have seen me climb to the pinnacle of my sport. I believe that to be respected as a champion you must act, speak and look like one. Black and Blue’s unique designs have always made my team and I look and feel like world champions. My long-time relationship with Black and Blue goes beyond business. Black and Blue are family to me and I cherish their love and support”.



 **@STAN THE MAN GROUP**

[www.stantheman.com.au](http://www.stantheman.com.au)



## Richard Norton

*Actor and Martial Artist, Richard Norton Australia and US*

“I can’t tell you how many compliments Judy and I get from our friends in LA when we wear the Black and Blue gear. The line really is world class both in quality and design” Richard Norton Richard began a lifelong study of Martial Arts at the age of 11 and has trained in many aspects of the martial arts including Judo, Karate, Brazilian Jiu Jitsu, Aikido, Thai boxing and several Japanese weapons system. He holds a 5th- degree Shihan rank Black Belt in Goju Ryu, 8th degree black belt in Chun Kuk Do, 5th degree Black belt in Brazilian Jiu Jitsu and 9th degree black belt in Zen Do Kai Karate.

Richard Norton is known for his appearances in Hong Kong action films. He has faced off with many top martial arts action stars, including Jackie Chan, Sammo Hung, Yasuaki Kurata, kick fighter Benny “The Jet” Urquidez, Don “The Dragon” Wilson and Cynthia Rothrock. Richard has also featured in many other movies including Road House 2 and a main role in Nautilus. More recently Richard has worked as a Fight coordinator on Mad Max, Fury Road, X Men, Dark Phoenix and Suicide Squad 1 and 2.

Richard also holds seminars world-wide covering topics such as street defence, martial arts weapons drills, Brazilian Jiu Jitsu and mixed martial arts.

 **@Richard Norton**

 **@Richard Norton Fans**

 **@rjnorton70**



## Sam “King” Soliman

*3 time Australian Champion in three different weight divisions*

- Commonwealth middleweight champion
- Oriental Pacific middleweight champion
- Australasian champion
- Pan-Pacific champion
- 3 time World Boxing middleweight Champion
- World Kickboxing champion
- A Bronze medallist on Sylvester Stallone’s TV series reality contest

The Contender series 3, Years Later beating the gold medallist in a 12 round championship fight.

“From 1994 I have been supported by Black and Blue, the company that made my out-fit for my kickboxing championship fights. It was an easy choice to make, having this company sponsor me. I was a fan of their work. Meeting Gary the CEO for the first time and the support he’s given me over the years has been sensational.”

Many thanks for your unwavering support, it will never be forgotten! Sam Soliman.

 **@Sam “King” Soliman**

 **@samkingsoliman • Sportsperson**





## Vince Mantovani (VIC)

"I have always worn Black and Blue Fitness clothing since I started my training. I feel comfortable wearing their singlets, shorts, pants and muscle tops. Not only is the fabric good quality and lasts years but it's also very fashionable. The Team at Black and Blue are friendly, welcoming and just genuine loyal people that go out of their way to see others happy."

I have been competing in bodybuilding for 22 years with the I.F.B.B and a short stint with W.F.F. & P.C.A

I have won many competitions but my highlight would have to be in 2018 when I won 4 classes and the overall at the South Australian I.F.B.B State show. I also won the State and National Championships in 2015 with the W.F.F who funded me to travel to South Africa where I competed in the World Championships. Another memorable moment in my bodybuilding career and one I'm very grateful for.

I have also competed in power lifting since 2015 for CAPO & W.R.P.F and I won the push pull competition in 2019 which was a great achievement for me.

 [@bigv\\_mantovani](https://www.instagram.com/bigv_mantovani)

## Tanya Watts (SA)

Sports and Fitness Model Tanya Watts from South Australia. Tanya became an ambassador in 2017 loving the sportswear and outfits received at competitions she decided to try the brand. "I absolutely love the brand and clothes they are so comfortable and love all the different designs. I wore in Vegas a Black and Blue outfit for my sportswear round. I am also an ambassador for Formal Fit Women's Range and I love the pieces of clothing as you can dress them up or down. I have many pieces to choose from. They can range from skirts to dresses and jackets. They are highly recommended."

Here is Tanya's story: "My journey started in 2016 when I competed in my first Body Building Competition. This began the process for me to build my self-confidence, part of which was that I had to overcome my fear of walking in a bikini in front of people. It also allowed me to show my son that in life you can face anything and everything, including fears and challenges, head on. I had other struggles I had to face which included Anxiety/Depression as well as having 3 monthly Breast Screenings for cancer and still currently this is ongoing. Bodybuilding has given me something to focus on other than the negatives in my life. It has shown me that anything is possible and using this at an antidote for positive mindset and re-setting the buttons. Moving forward gym is now my outlet and I am now wanting to inspire and empower others especially women that anything is possible while facing inner battles. I would like to push myself to gain a title as well as my pro-card. That would be my ultimate goal and dream. I would also like to keep healthy and inspire others along my journey each time."

 [@Tanya Watts](https://www.facebook.com/TanyaWatts)

 [@jasandtans](https://www.instagram.com/jasandtans)

## Zivka Jadranka Marinovic

Black and Blue Ambassador and Six time World Champion Professional kettlebell sport athlete, Zivka Jadranka Marinovic.

Jad is Australia's first international Kettlebell Marathon champion and winner, and in the world she is a kettlebell marathon pioneer for woman lifting two kettlebells for one hour, and most recently the first person in the world to lift two kettlebells for three hours. To date she is also the first and only Australian to win a Power Juggling title.

I've been proudly associated with Black and Blue since the 1990's. It was an obvious and easy choice to choose Black and Blue for our Kettle bell Sport Team uniform, because It's ideal for Australian teams to wear Australian made quality clothing and Black and Blue always deliver a custom made range tailored to individual needs. I wanted to choose a uniform that the Australian Team athletes will not only want to wear in competition when representing Australia overseas, but also for training every day throughout the year.

Their garments are not only stylish and fashionable, they're also durable and comfortable and they cater for all age groups and sizes. So I would like to thank Elly and Gary for their support over the years"

 [@JadZMarinovic](https://www.facebook.com/JadZMarinovic)

 [@KettlebellAthletica](https://www.instagram.com/KettlebellAthletica)

[www.jadmarinovic.com.au](http://www.jadmarinovic.com.au)

## Gennaro Ferra

Black and Blue Ambassador and NYC Personal Trainer, GENNARO FERRA. 1989 winner of the NABBA Mr. Australia.

"I've been wearing Black and Blue Fashions since I started bodybuilding back in 1985. I loved working out in their tops, t-shirts, track suits and shorts as they were always very comfortable and fashionable. Black and Blue have been so versatile over the years that their clothing line is great to wear recreationally as well. Gary and Elly always sponsored a lot of the NABBA shows I competed in and were always ready and willing to offer their athletes great deals and would go out of their way to fit us and make sure we looked great representing their brand. 1989 was a big year for me winning the NABBA Mr. Australia and I was proud to represent Australia and Black and Blue Fashions overseas wearing their awesome sky blue team jumpsuit! Today I continue to wear Black and Blue Fashions in NYC and New Yorkers' love the fresh, athletic professional look the brand represents!"

Gennaro Ferra has been transforming bodies for over 3 decades in the USA, Australia and online world-wide and is known as the 'Trainer of the Trainers' having mentored and coached many successful fitness professionals. At 53 he is the current AAU Mr. Universe 2020 Champion, IFBB North American Bodybuilding Champion, WFF Masters Worlds 2nd, a former NABBA Mr. Australia winner and NABBA Mr. Universe and Mr. World 7th place in both events. Gennaro is also the co-author of 'Getting Lean Strong and Healthy: Weight Training for Men and Women over 40' Its available at: [www.amazon.com.au](http://www.amazon.com.au)

  [@ferrafitness](https://www.instagram.com/ferrafitness)

 [@gennaroferra](https://www.youtube.com/channel/UCgennaroferra)

[www.ferrafitness.com](http://www.ferrafitness.com)





## Ray Anthony

*Dancer/Model NSW*

“I’ve been wearing Black and Blue for as long as I can remember, Gary and Elly have been family friends and have been in my life for 30 years! I was modelling and doing fashion parades and dance shows and also co-choreographed Black and Blue fashion parades in the 90’s. Black and Blue have always supported me and supplied me with a lot of clothing which I have worn on film sets over the years.”

Ray Anthony started his career as a professional dancer, acrobat, gymnast, martial artist and he was in “Manpower Australia” with Jamie Durie and Billy Cross for about six years. After leaving Manpower Ray went straight into the film industry as a stunt performer, a safety coordinator and then moved on to be a Stunt Coordinator and Action Director.

Ray has worked in big movies and big features out of Australia including Matrix, Wolverine, Superman, Hacksaw Ridge and Mission Impossible to name a few. Ray runs his own business training his students to be stunt performers and works closely with various Productions, Producers and Directors. For more details click into his website below.



@rayanthony



@stuntactionconsultants

[www.stuntactionconsultants.com.au](http://www.stuntactionconsultants.com.au)



## Endless Horizons

*Charity*

For over a decade Black and Blue have been proudly associated with a charity close to their heart, Endless Horizons. The founder Jim Mangioros and his wife eda Mangioros are very close friends and associates.

Endless Horizons Inc is a non-profit organisations established in 1999. This charity helps young people discover a vision of hope for their future and equipping them with the tools and confidence to realise that vision. The services offered to assist people in need include the following programs.

- Mentoring programs
- Assistance for drug and alcohol dependence
- Individual, marriage and family counselling
- Transition into work programs
- Education and Public Speaking.

Black and Blue have supported Endless Horizons by donating clothing and assisting in raising money for these young people in need.

For further information please go to the website below:

[www.endlesshorizons.org.au](http://www.endlesshorizons.org.au)



## Brad Cook

*Ambassador/Bodybuilder/Musician*

“I started competing in WFF Men’s Masters in 2015 at the the old Bendigo Classic at the age of 40 years old. Since then I have competed on and off for the last 5 years.

I have always proudly worn Black and Blue throughout all of my involvement within the fitness industry, but was honoured to become an Ambassador at the end of 2018.

In 2019 I was fortunate enough to win second place at the World Fitness Federation “Kahma Classic” and I did have plans Pre-Pandemic to compete in 2020 with the goal to achieve a first place in WFF Men’s Masters in bodybuilding. I am looking forward to competing again with the WFF (World Fitness Federation) in 2021.

On 31st July, 2020 I released my first solo EP called “Time To Fly” with two singles / videos prior to that. This new EP is the result of a lot of hard work, blood, sweat and tears. I performed and sang on the entire record, striving to deliver the love and passion I have for music into every song.”

[www.brad-cook.com](http://www.brad-cook.com)

**PLANET OF LOVE** - Click here: <https://youtu.be/VBejfPXfEr4>

**SHAKE IT** - Click here: <https://youtu.be/BIJskCxRBpl>



## Charlie

Youth Empowerment and Anti Bullying Ambassador and WBC Champion Charlie Hall - Queensland

My name is Charlie “The Hammer” Hall AKA “CTH” I am 13 years old and diagnosed with Autism. Bullying started for me in grade 1 when I was six years old. On my 8th Birthday in 2014 mum and dad enrolled me into Boxing.

In 2018 I received four awards - Queensland 51kg Sub Junior Title in Rockhampton, WCE Exhibition Title Belt, SAFE Family Ambassador Title, Australia 51kg Sub Junior Title in Hobart and Charity Exhibition at Deception Bay Boxing Billy “Double Shot” Limov.

In October 2019 the WBC supported my family and I to attend the Cancun Mexico for 57th Annual Awards, my title was upgraded from the WBC Cares Ambassador to a World Champion Status the only WBC World Champion Anti Bullying Ambassador Title Belt holder and a Humanitarian Award in Cancun Mexico by President Mauricio Sulaiman.

In May 2020 I was awarded Hero for Humanity from the WBC for my humanitarian work with COVID-19. COVID-19 put a hold on my 2 International Exhibition Bouts in LA against Shawn Showtime Porter and also in St Petersburg against Jose Ramirez.

In July 2020 as AMAYDA Youth Empowerment Ambassador I joined Bullyproof Australia to reach more people suffering from Bullying and Abuse.

My boxing career is my platform to help as many as I can. I am still bullied on a daily basis, but I am more-resilient these days I am here to make a difference.

“CTH” Out

[www.bullyproofaustralia.org.au/cth](http://www.bullyproofaustralia.org.au/cth)



## CUSTOMER TESTIMONIALS



*Mathew Ludovici*

"You just realise how the bubble pants are close to perfection as any design gets. The pure lightweight fabrics and workmanship that has gone into these pants with flair, ambience and style setting is a cut above the rest in my opinion. I feel like I'm part of the gym when i am wearing them and even when I'm doing my martial arts at home I can be happy and be able to freely move in them and so breathable as well. A big tick in my book and highly recommend Black and Blue."



*Kris Mesiti*

"I have been wearing Black and Blue training wear as long as I can remember. I first started pushing weights as a kid thanks to my father Rocco who is also responsible for me discovering this amazing brand. He has always had the best getup in the gym and to this day he sports Black and Blue. Without a doubt my favorite line is the Vintage line. There is nothing like it on the market. My top pick is the Vintage Logo Pant, great for standing out, training in and as I've discovered make great gear for hiking. If you want to stand apart from the crowd and make your statement Black and Blue is the only way to go."



*Glik Andriotis*

"My hubby introduced me to the Black and Blue label 20 years ago and i have been wearing their comfortable gym wear ever since. My favourite Range is the Vintage. The Rainbow Jacket is my first choice as it is colorful, fashionable and versatile as it can be worn as casual wear or gym wear. Black and Blue is Authentic and most importantly Australian made!"



*Allan Guala*

"Mixing an old top with my new BB802 Camo pants ordered online during Covid restrictions. I've been a Black & Blue customer for decades. Gary and Elly have been pioneers in the Australian fitness industry with their unique designs and styles that specifically cater to bodybuilders and fitness people. My wardrobe is full of B&B clothing as they don't wear out and keep going from workout to workout. Custom fit and style that is 100% Australian made and designed. We should all be supporting our local businesses now more than ever"



*Andi Condon*

"Absolutely love the Black and Blue range. Sizing is on point with lots of colour options. The waffle/bubble style pants are comfortable and fashionable with plenty of room for the legs. To complete the look you can't go past the men's hoodie or jacket. Black and Blue use quality fabric that lasts and doesn't fade. The gridiron jerseys look great with plenty of space for the guys. I have been buying Black and Blue for many years now. I usually get my B&B shopping spree at the fitness expos along with my wife Cathy, who also has a huge collection of B&B fashion. We have shopped online as well for ourselves and ordered clothing and gifts for friends."



*Judy Green  
Model and Former  
Figure Bodybuilder,  
Australia*

"The Black and Blue clothing have been simply fantastic! The beautiful designs and bright colours of their sportswear mean that I always feel comfortable knowing that I have a great outfit for almost any event. My husband Richard Norton and I are always eager to support Black and Blue because of the thought that Gary puts into the sportswear designs that gives us the confidence in knowing that, whether we are at a sporting event or a casual outing, we will always look and feel our best. I can't tell you how many compliments we get from our friends in LA when we wear the Black and Blue gear. The line really is world class both in quality and design."



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