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Newsletter: June 2009

Muay Boran Seminar with Grand Master Sken

On Sunday 10th May, Chris and Justin were lucky enough to attend a Muay Boran Seminar. It was run by the British Combat Association. Muay Boran's form is very efficient, it maximizes the amount of damage that each blow can inflict. Muay Boran emphasizes the use of extremely powerful elbow and knee techniques, and combinations thereof, always thrown at full force and speed, with the intent to overcome one's adversary as quickly as possible, because another one might already be coming close or attacking. The day started at about 7.30 (on a Sunday!) for the two hour trip to a dojo in Telford. The travel was soon forgotten when we were both greeted by Self Protection guru Peter Consterdine (writer of many Martial arts, self protection and personal security books). Peter is the co founder of the British Combat Association and amongst other things, developed the double hip technique we teach in class. We then were introduced to Grand Master Sken. A slight Thai gentleman who was going to teach us for the next five hours. He was a really nice guy who clearly has a passion for passing on his knowledge – all 53 years of it. We started off going through the basics – stances, blocking holding and ring craft. We then moved into holds and throws with some elbows and takedowns thrown in. After a lot of demonstration from Grand Master Sken, and his students we started in more familiar ground with strikes and combinations. Mainly elbow combinations and knee combinations. The Muay Boran techniques fit perfectly into to our clubs philosophy. We are looking forward to passing on some of this knowledge to you guys in the class.



Chris, Grand Master Sken and Justin

WUMA European Championships

A few weeks ago, Tommy Gamble, Lee Singleton and Lucy Cook represented the club at the WUMA European Championships. All three have been regulars on the competition circuit so it was time to step it up a gear.

Lucy won the WUMA European Championship for her class - Under 16, under 155cms, light continuous. She beat the first opponent, going through to the semi-final, which she went on to win. She made some very good defensive moves and some beautiful spinning kicks.

Tommy had a hard fight, in a proper ring, against a much heavier Muay Thai boxer, who continually fought illegally. In the end his opponent was disqualified, making Tom the European Champion for his category. Tom also got in some lovely spinning kicks.

Lee sadly lost his contest after putting up a very good fight, again with some lovely moves.

All three did an excellent job representing themselves and the club, Well done!



(L-R) Lee, Tom and Lucy.

Next Grading: September

The last grading was in April 2009, we had a great turn out and have since had some new students join the club who are keen to prove themselves. The exact date will be confirmed later, but the grading will happen around mid September, 1pm – 4 pm (shorter for juniors) on a Saturday. This gives you plenty of time to train hard. **You must be a member to grade.** Please see Chris for an application form.

New contact details for Chris

Chris's phone number has changed recently. The new number is **07525 975 467**. Feel free to contact me about any aspect of the club.

Full contact fight night

Danny, one of the clubs original members has decided to prove himself in a full contact fight on DATE HERE. Danny has had a number of full contact fights in the past and has the trophies to prove it. He has recently returned after a break in training. Danny will be training extra hard in the run up to his fight. He needs the support of the seniors of the club to get lots of rounds in to help to prepare.

The club is looking to get 10 members to come down for the fight, it is £30 a head, and includes wine and food. It will be a full lineup with other fights as well as our one. A separate newsletter will be issued when more details are confirmed.