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Newsletter: March 2008

Grading Saturday 5th April 2008

The last grading was in November last year so it's about time for another one. The date is **Saturday 5th April 2008** in courts 5 & 6. It will run from **1.00pm – 4.00pm**. Those of you have been coming for a few months are looking at achieving your yellow belts, and there are some others in the club going for the higher grades. The junior grades will be expected to grade for an hour and those of you going for senior grades will be expected to grade for the full 3 hours. If you are unsure if you are ready to grade, please speak to your instructor who will advise.

The prices for the grading are :

£22 for yellow and orange

£26 for green and blue

£30 for purple and brown

£35 for black or 1st Dan

Belts are available from Chris at a charge of £5 each.

The grading is open to all those who are members, if you are not a member, there is still time to join before the grading.

Club Membership

The memberships are going well with currently 35 members and is increasing every week. This is great news for the club and for those who have joined as members. There are still a few of you who haven't joined, it is important so please complete the form attached and return it to Chris with a cheque payable to "Chris Reeve". The turnaround for memberships is less than a week.

There are **two** types of membership: new membership and renewal, both last for 12 months.

New membership is for those of you who do not currently have insurance. The cost for under 16 is £20, and the cost for 16 and over is £23.

Renewal is for those of you who have insurance. The cost for under 16 is £18 and the cost for 16 and over is £21.

2007 Review

A date has been set for the 2007 review, **26th April 2007 at Cottage Imperial Chinese Restaurant in Abingdon**. As well as having a bite to eat the instructors will be giving out some awards. It will be early evening so the juniors can attend. Please let us know if you are planning to attend so we can get an idea of numbers.

Grove Youth Club

For the past 6 weeks Justin has been coaching a group from Grove Youth Club. After the 6 weeks they completed a grading and all achieved yellow belt. Well done guys!

Laura Pearse

Claire Sykes

Steven McCann

Carly Leahy

Claire Burgess

Callum Kent

Tom Grundy

Graham Ball

Kelly burgess

Stephanie Routledge

New Kit for Thursday Class

The Thursday class has been using some new kit. 20 focus pads are being used to improve primarily punching techniques but they are also being used to improve some kicks. The focus pads allow for some more advanced technique to be executed, for example butterfly kicks and axe kicks to name a few.

20 Skipping ropes are also being used to improve fitness and stamina.

The Thursday class starts at 8.00 and finishes at 9.30 in the main hall Juniors pay £3.50 and Seniors pay £4. All ages and abilities are welcome. The first 30 minutes is normally a cardio warm up with skipping, the next 5 - 10 minutes is used for a stretch, 15 minutes of self defense follows. The last 30 - 45 minutes is technique on the focus pads and strike shields with some sparring at the end for those with kit.

For the next 5 weeks, the Thursday class will be concentrating on technique in preparation for the grading. If you are going to grade, it will be worth coming along to sharpen up your technique.

Website

The website is attracting at least 10 hits per day, which is excellent. If you have any ideas for the website please let Chris know. Coming to the website in the summer is the "Hall of Fame" where the club will recognize its achievers. You don't have to be a high grade to be included on this, we will also include those of you who receive awards at the 2007 review. The website address is www.4realfreestyle.com