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## **Newsletter: November 2008**

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### **Grading 11<sup>th</sup> October 2008**

Another day, another grading! Once again I was very pleased to see that we had 16 students turn up to put themselves through the gruelling kickboxing grading on Saturday 11th October. I was very impressed by level of commitment and effort put in on the day by everyone and to a select few who went over and above to show me they deserved a jump in grades higher than what they had hoped for.

Gladly, everyone passed on the day to get their next belts and will be receiving their belts and certificates next week from the British Combat Association when they arrive. Well done to all that passed and a special thank you to Chris, Dave and Nealle for being there to assist on the day and help to decide on grades as the panel. Lee and Lucy have now got to purple belts so they are well on their way to the more senior status in the club with the higher grades. Well done you two! Keep up the good work!

Adair Macfarlane put in a top effort on the day and impressed me greatly with his sparring and boxing skills when sparring with Nealle. Nealle was trying his best to knock seven shades out of him but he kept coming back and got a few choice hits on Nealle which made me wince in sympathetic pain!!! Nealle will be the first to agree that too. Well done mate! Keep up the effort and it pays off.

Congratulations to all those who attended and passed, here below are the names and grades awarded:

Purple Belt

Lee Singleton | Lucy Cook

Blue Belt

Amy Kogel | Brittany Chandler | Adair Macfarlane

Green Belt

Luke Millar | Tom Kogel | Chris King | Karen Atwal

Orange Belt

Vicky Walter | Mark Billany | Connor O'Rourke | Tim Riley

Yellow Belt

Matthew Brown | Sam Cullen | Joe Bricknell | Robert Turner

We have a good 4 - 6 months to train for your next grading, so check your syllabus cards and see what you have to work on. See you in class!

## **Club Membership**

The memberships are going well with currently 63 members. 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 speak to Chris.

New membership lasts for 12 months. The cost for under 16 is £20, and the cost for 16 and over is £23. You must be a member to be eligible to grade.

## **Seminar 27 September Review**

On September 27th the club ran a joint self defence seminar with Can Do Martial Arts Chief Instructor - Ben Richardson. The seminar focused on realistic self defence covered 4 "ranges". First was long range where we practiced disarmament. 20 rubber knives were used to ensure it was safe. The next range was the boxing / kickboxing range where some pre-emptive strikes were applied. Grappling stage was next and this also included some takedowns. The final stage was the ground work stage where we learned to control the fight from the ground. It was a lot to take in but those who attended had an informative and enjoyable day. The instructors of the club learned some new techniques which will be taught in class soon. The club is planning some more in the future so keep an eye out in future newsletters. The Club page of the website has some pictures.

## **Christmas and New Year Training Dates**

The last training session in 2008 will be on **Thursday 18<sup>th</sup> December**. Training will start again on **Tuesday 6<sup>th</sup> January 2009**. You have all worked really hard this year. It has shown in the recent grading with some people jumping two grades. Well done guys and keep up the good work in 2009.

## **Christmas Meal – 13<sup>th</sup> December 2008**

This year we are planning to hold our Christmas Meal at the **Bystander Pub in Wootton**. The table is booked for 7:00 on Saturday 13<sup>th</sup> December. It is a family friendly pub that serves good food so will be an ideal venue. If you would like to attend, please complete the attached menu and give back to Chris with a **£5 deposit per person** by **7<sup>th</sup> November 2008**.