

Chief Instructor: Justin Macreadie 07919 413 047
Assistant Instructor: Chris Reeve 07525 975 467



Newsletter: November 2009

Price increase for 2010

The price of the classes will increase by 50 pence per person from 1st January 2010. The new prices will be: **Tuesday: Junior (under 16) £3.50, Senior £4.00 & Thursday Junior (under 16) £4.00, Senior £4.50**

Christmas meal

The Christmas meal for this year will be held on Saturday 12th December 2009 at 7.30pm in the Bystander, in Wootton. See Chris for a form. Completed forms and a deposit of £5 per person will need to be given back to Chris by Tuesday 24th November 2009.

Grading 10th October 2009

An excellent day was had by all at the grading. The Day started with an hour of fitness from instructors Dave, Chris and Justin. This was followed by a nice stretch to make sure there were no injuries (!!) followed by technique. The first belts of the day were awarded to Pacey and Kyle, who achieved White belt status and are the clubs youngest achievers, at only 5 years old.

The technique part of the day went very quickly with a good mix of levels. Some guys were going for higher grades meaning they had to prove themselves with some advanced technique.

The final and best part was the sparring, we had the normal levels of aggression, speed and power coming from all who participated. Mark (again...!) took a shot on the nose at full power, resulting in some (lots) of blood. He amazed us all by carrying on for one final round having steamed the flow with bits of tissue. Great attitude, although we would have let him off the final round under the circumstances! The website has been updated with the pictures, so please take a look: www.4realfreestyle.com. Well done to all and special thanks to Lucy, Lee and Tommy.

Purple: Tom Kogel | Jason Godwin | Karen Atwal | Chris King

Blue: Benjamin Johns

Green: Matthew Brown | Sam Cullen | Sam Schnellman | Mark Billany | Tim Riley

Yellow: Ryan Hubley | Matthew Bailey | Joshua Godwin | Rob Williams

White: Pacey Humphreys | Kyle Dorling Mason

Club Membership

The memberships are going well with currently around 50 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.