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New Website

The website has been re designed with the club colours and the logo. Pictures from the gradings and videos from the national championships have been added under the "club" page. Other information about the club is also on there. The "news" page will be kept up to date with what is happening with the club so keep an eye out. Take a look at the new site and if you have any comments, please let us know.

The address is: www.4realfreestyle.com

Night Out

It has been a while since we went out on a club night out. All are welcome, provided they are at legal drinking age! Not confirmed dates yet but will be some time in the next month. Meet in Abingdon for something to eat, then a few drinks afterwards. More info to follow.

Christmas & New Year

The last training session for 2007 is on **Thursday 20th December**. Training will return on **Thursday 3rd January**.

Grading – 17/11/07

Grading is a way to prove to yourself and to your instructors that you can apply the techniques we teach you in the class. You need to grade to progress in kickboxing, your ultimate goal is to achieve black belt status. The last grading was on 14th April 2007 so it is time for another one before the end of the year. It will be on **17th November 1pm- 4pm**. As normal, it will be made up of the first hour juniors; the following 2 hours will be reserved for those of you going for the senior grades. Some of our black belts will be needed to help out. To grade you will need to let us know, please discuss this with your instructor so we can get an idea of numbers.

Equipment

Training with kit will greatly improve your technique. It will take your training to another level and it also makes it more realistic. Pad work and hand wraps are an excellent way of training, but training with pads and boxing gloves adds a whole new dimension. Using boxing gloves will allow more techniques to be applied and you will improve your game. You don't have to buy it all straight away, the basics are boxing gloves and gum shield. If you would like to order some kit, speak to Chris for an order form. Alternatively, you can download one from the website. Orders are normally delivered within one week.

National Championships

It has been while since anyone from the club had competed, so when the nationals came around, Dave Q, Tom and Carl decided to have a go. First time out for Tom G and Carl. Carl narrowly lost his fight but he worked hard and has learned some valuable lessons. Tom G won his first fight and eventually reached the final, narrowly losing to a more experienced opponent. He did himself and the club proud by displaying some excellent technique. He also got a few official warnings for getting stuck in too hard! Well done Tom. Dave had to battle a leg injury leading up to the competition, this affected one of his fights. No excuses from Dave as he put in a first rate performance, unfortunately narrowly losing both of his fights, one after a tie break. All competitors from the club made a few of the veterans sit up and take note. Thanks to Ady, Simon and Josh for support on the day. Videos of all fights can be on the website.

Insurance

If you are sparring, you will need British Combat Association insurance. This covers you whilst you are training, and is essential. The cost for 'Under 16' is £13 and 'Over 16' is £16. It is renewable annually. It is your responsibility to keep your insurance up to date, although the club will remind you. Speak to your instructor if you need insurance.