



Leicester Ju Jitsu - www.leicesterjujitsu.co.uk

Newsletter - July 2006

Welcome to our first newsletter, the first of many, keeping you up to date on how your clubs are progressing.

Coalville Club

The Coalville Club opened its doors for the first time on Friday 13th January 2006, at the Hermitage Leisure Centre in Whitwick, with Sensei Rob Phelps at the helm. It was difficult to say who was more nervous; us opening our first ever club on FRIDAY 13th or our new students as they came through the door!

In our 7th month we now wonder what we were ever worried about! The club has settled down very nicely and all the students'; seniors and juniors, are enjoying their training and attend regularly to all the training sessions. This is evident to us due to the quality of our students grading results at the last grading. 12 students gained a credit. We hope this good attitude towards the martial art of Ju-jitsu continues and all our students start to work towards credits, or even better HONOURS!

A sin bin mat has been introduced in the junior session which all the juniors are aware of. This is for their **Safety**, now that the juniors are moving up the grades and the techniques are becoming difficult we need the juniors to focus more to ensure that injuries do not occur due to over exuberance. Any junior who is considered to be training in an unsafe manner will be asked to sit on the sin bin mat for a 60 second cooling down period before returning to the main mat to train. So far this is working well, so beware Seniors !!!

Keep up the good work Coalville....

Hinckley Club

Sensei Ian Dallas - (5th dan) handed the reins of the Hinckley Club over to Sensei Rob Phelps, this year in April, after running the club for more years than he cares to remember! However, you can still train with him at Heathfield High School, Belle Vue Road, Earl Shilton on a Thursday evening.

It was then down to Sensei Rob Phelps to find a new venue and revitalise the Hinckley Club. A temporary venue at the Dorothy Goodman School opened its doors on Monday 8th May 2006. Although the seniors have come flooding in the junior class at the moment is on the small side.

On 7th August 2006 the Hinckley Club will be moving venue to its permanent location at the newly built Dorothy Goodman Special School, Stoke Road, Hinckley. **We will have new class times as follows 6:30pm to 7:30pm for Juniors and 7:30pm to 9:00pm for seniors.** We hope the earlier class time will encourage more juniors to come out on a school night.

The Hinckley students have not yet graded under Sensei Rob Phelps' guidance, but when they do we hope they put as much effort and commitment into their grade as the Coalville students have.

Attached to this newsletter are our guidelines to grading, these have been taken from the rear of your Budo passes so they should not be new to you. We intend to enforce these guidelines for the benefit of ALL our students and the club to ensure commitment and high standards in the Ultimate Martial Art of WJJF ju-jitsu.