



Club Holiday Closure

The Hinckley and Coalville clubs will be closed for the first 2 weeks in August as follows;
Hinckley – Mondays – 3rd & 10th August 2009
Coalville – Friday – 7th & 14th August 2009

Grading 12th June 2009

This was a small grading as many students weren't quite ready to grade, but we hope to see those who did not grade this time grading on 18th September 2009.

A big CONGRATULATIONS to Michael Anderson and Amanda Phelps who achieved an Honours. Also well done to all those who graded as the results again were very good. Below are the full grading results;

Juniors	Grade	Result	Club
Eden Watts	Red	Credit	Coalville
Abigail Hornsey	Yellow	Credit	Hinckley
Brandon Dewar	Blue	Credit	Coalville
Reef Narczyk	Kata 1	Credit	Hinckley
Seniors	Grade	Result	Club
Louise Laywood	Red	Credit	Hinckley
Kieran Stephenson	Red	Credit	Hinckley
Lorna-Ellen Johnson	Kata 1	Credit	Coalville
Michael Anderson	Kata 1	Honours	Coalville
Amanda Phelps	Kata 3	Honours	Hinckley/Coalville
Tim Marson	Kata 4	Pass	Hinckley/Coalville
Paul Biscombe	Kata 4	Credit	Hinckley/Coalville

Kobudo Course 19th June 2009

Thank you to Sensei Tate and his able assistant Matthew for coming down from Grantham and spending 2 hours on a Friday evening with the Leicester Jujitsu club. We had 22 students on the mat a mix of juniors and seniors who all worked well together learning how to use 2 weapons; the Jo and Kubotan (yawara stick). The 2 hours past very quickly



and everyone enjoyed themselves, and not a single injury was sustained even though weapons were being used for the first time by many of the students.



Above is a photo of Sensei Tate doing a body drop with the yawara stick, there are many more photo's on the website www.leicesterjujitsu.co.uk/jujitsu_kobudo.asp and we also have them printed out and held in a folder, so ask Amanda if you'd like to see them.

Flushed with the success of this course we are currently organising a self defence course to be run in September 2009. The purpose of courses is to give you the chance to try out parts of Jujitsu that are not on the official WJF syllabus, giving you experience of the numerous other techniques that you would not otherwise get the chance to practice. Also remember as you work towards your black belt you are required to attend 4 WJF courses. If you were unable to make this course then keep an eye on the website for postings of other local courses run by other clubs, take the time to experience what other Sensei's teach and learn something new from each. Our courses are a brilliant way to increase your skill and knowledge of this extensive martial art, so go on as many as you can.

Assistant Club Coach Training 2009

This year Amanda Phelps and Stacy Morris attended the Assistant club coach course at Chesterfield on 5th July 2009. To fully achieve the qualification, they must now gain 10 hours teaching time within the Hinckley and Coalville clubs and write up their lesson plans and experiences, which will have to be approved by Sensei Phelps and then sent up to Liverpool for final marking by Sensei Flaherty, and all of this has to be completed by 5th October 2009! So please be kind to the ladies as they progress through their training and respect them on the mat as you would your Sensei.



Don't forget to check out the website www.leicesterjujitsu.co.uk for the most up to date information about the clubs. – newsletter13-1.doc

When they successfully pass this qualification they will then be able to assist any Club Coach or Senior Club Coach in the running of a Jujitsu training session.

As part of the senior syllabus it is a requirement that everyone attends the assistant club coach course. This gives each student an insight into how jujitsu should be taught safely and passed on to others, it also gives you the time to rethink your techniques and analyse them in a different manner. You can take this knowledge and apply it to your own training which will assist in the clarity of your techniques as you work towards your black belt grading. In addition you are also given the chance to become an instructor taking your jujitsu to a new level, one of the best ways to improve your techniques and help you to remember them is to teach others.

The WJF do understand that not everyone wants to be an instructor, so although they **insist** you attend the course, if you feel that coaching is not for you then you are not required to complete the 10 hours teaching experience or produce the necessary paper work. All that will be asked is that you sign a disclaimer to state you will not teach others in the techniques of jujitsu.

Junior Leader Training 2009

July 2009 has seen an update to our junior leader status. Congratulations to Morgan Phelps, Kelly Newbold and Kyle Narczyk who passed the day long course at the Hombu on 4th July 2009 to become full Junior Leaders. We would also like to welcome Teile Narczyk to the junior leader program; she also attended the courses in Chesterfield and has successfully become an Assistant Junior leader. You will see these juniors assisting Sensei Phelps during training sessions on Monday and Friday evenings. If you find yourself under their instruction, please show them as much consideration and respect as you do your Sensei. So in brief Leicester Jujitsu's 2009 junior leaders are;

Junior Leader	Grade	Clubs
Morgan Phelps	Black belt	Hinckley / Coalville
Kyle Narczyk	Brown belt	Hinckley / Coalville
Kelly Newbold	Brown belt	Coalville
Assistant Junior Leader	Grade	Clubs
Teile Narczyk	Purple belt	Hinckley / Coalville

If you're interested in becoming a Junior Leader then speak to your Sensei; you will need to be between the ages of 11 and 15 and have graded to purple belt or above. If you are at this level and would like to become a junior leader then let your Sensei know, who will then decide if you are the right calibre of person for the job – becoming a Junior Leader is not an automatic right, if your attitude or behaviour are not good enough you will not be able to attend the course.

The responsibilities of an assistant junior leader are to set a good example to other students, help other students with their training, assist and support their Sensei during training sessions. Becoming an assistant junior leader is a great way



of learning how to become part of a team, gain teaching skills and understand Jujitsu in a lot more depth. It is also a lot of fun.

Your Instructors

Leicester Jujitsu are now very fortunate to have a number of students who are dedicated enough to take up the mantle of instructor to assist Sensei Robert Phelps to teach others the ultimate martial art. If you are struggling with any part of your syllabus then please come and talk to one of the instructors about it and we will do our best to help out. Your instructors for 2009 are;

Senior Club Coach	Grade	Clubs
Robert Phelps	Black belt – 4th Dan	Hinckley / Coalville
Assistant Club Coach	Grade	Clubs
James West	Black belt – 1st Dan	Hinckley
Corey Langton	Black belt – 1st Dan	Coalville
Dennis Morris	Brown belt	Hinckley / Coalville
Stacy Morris (in training)	Brown belt	Hinckley
Amanda Phelps (in training)	Brown/white belt	Hinckley / Coalville

Working towards Black

As you work towards the coveted Black Belt there are many pre-requisites required before you grade. Therefore, Leicester Jujitsu strongly advise that once you have reached **purple belt** you take a look at our website at the document - www.leicesterjujitsu.co.uk/downloads/blackbeltrequirements.pdf

With this knowledge you can then plan how you need to train, what you need to learn and also have plenty of time to ensure that you complete all the pre-requisites long before your black belt grading. As all good boy scouts would say “Be Prepared”, do not try to cram everything in 6 months or less before your black belt grade. Remember Black Belt gradings only happen twice a year, and there is nothing worse than a student being fully trained but unable to grade because they did not attend enough courses, don't have the correct number badges on their Gi or their insurance is out of date. It's up to you to get it right and avoid disappointment.

Train hard, train often and listen to your instructor.

Sensei Rob Phelps
4th Dan, Senior Coach.



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