



## Club Closure

The Coalville club will be closed on Friday ;

13<sup>th</sup> November 2009

18<sup>th</sup> December 2009

25<sup>th</sup> December 2009

1<sup>st</sup> January 2010

The Hinckley club will be closed on Monday;

14<sup>th</sup> December 2009

21<sup>st</sup> December 2009

28<sup>th</sup> December 2009

## Belt Trade in

Over the past 4 years we've often been asked what can be done with old belts, and can an old belt be swapped for a belt that has just been graded for. In the past this hasn't been possible, but we would like to change that. We now have a small stock of used belts of various sizes and colours that have been donated by past students.

After the next grading if you would like to trade in your old belt for the next colour belt up, then just let us know and we will let you know if we have your next belt available. There will be no charge for this, you will simply be given the choice to swap one belt for another.

If you have any old belts you would like to donate to the scheme then simply bring them along to your next training session and hand them in.



## Grading 18<sup>th</sup> September 2009

A good turnout for this grading. Many students, both junior and senior, being ready to show our external examiners what they are made of. The juniors did us proud and gained 6 honours between them. A big **CONGRATULATIONS** to Kaylum Hart, Joe Thomson, Jasmin Thomson, Augusta Aggas, Jennifer Pascoe and Louis Elms who ALL got top marks with an Honours grading. Also well done to all those who graded as the clubs overall results were again very good. Below are the full grading results;

Juniors	Grade	Result	Club
Kaylum Hart	Red	Honours	Coalville
Joe Thomson	Red	Honours	Coalville
Jasmin Thomson	Red	Honours	Coalville
Augusta Aggas	Yellow	Honours	Coalville
Jennifer Pascoe	Yellow	Honours	Hinckley
Giacomo Aggas	Yellow	Credit	Coalville
Joshua Carter	Yellow	Credit	Hinckley
Frank Goodyear	Orange	Credit	Hinckley
Connor Horsler	Orange	Pass	Hinckley
Reef Narczyk	Orange	Pass	Hinckley
Louis Elms	Green	Honours	Hinckley
Lorna Wiltshire	Blue / White	Credit	Coalville
Luke Bradbury	Blue / White	Credit	Coalville
Marcus Esposito-Edge	Blue	Credit	Coalville
Teile Narczyk	Brown / White	Credit	Hinckley / Coalville
Connor Horsler	Kata 1	Credit	Hinckley
Frank Goodyear	Kata 1	Credit	Hinckley
Seniors	Grade	Result	Club
Mark Thomson	Red	Credit	Coalville
Marek Marzanski	Orange	Credit	Hinckley
Roland Braeuer	Brown	Credit	Stoke Golding
Roland Braeuer	Kata 2	Credit	Stoke Golding
Amanda Phelps	Kata 4	Pass	Hinckley / Coalville
Laura Bartle	Kata 4	Pass	Hinckley/Stoke Golding
Anthony Littlejohns	Kata 5	Pass	Hinckley
Dan Bailey	Kata 5	Pass	Stoke Golding
James West	Kata 8	Credit	Hinckley

Next Grading Friday 11<sup>th</sup> December 2009 at Whitwick Leisure Centre, Coalville.



## Self-Defence Course 25<sup>th</sup> September 2009

I ran a self-defence course in September, which was well attended and well received I believe. The martial arts are a massive area with a huge amount to learn, and self-defence is an important sub-set, this course covered some of the most practical techniques which are of most use in a self-defence scenario. We worked on grabs, grabs whilst against a wall, surreptitious attacks and dealing with multiple attackers and group attacks both from standing and from the ground. This last scenario was particularly difficult as your options are extremely limited and your chance of success is very low, but the techniques I taught coupled with the experience of this situation will hold the attendees in good stead should they ever find that they have to deal with this – which I very much hope they never will.

Don't forget as you work towards your black belt you need to attend at least 4 courses. The purpose of the courses is to enable you to experience the wider field of Jujitsu that is often not covered by the WJF syllabus. Although there are no more courses at our clubs this year this course is available nearby;

**8/11/09**      **Melton Mowbray, Leicester**      **13:00-15:00**      **Sensei Lee**      **£12 junior**  
**£15 senior**

To attend any courses, let me know and I will provide you with directions and let the relevant Sensei know you will be attending. Payment can be made on the day of the course to the relevant club when you attend.

## Training Guidelines

### Timekeeping

One of the most important parts of a martial arts class is the warm-up, for obvious reasons this is run at the **START** of the class. There are three distinct phases; Phase 1, initial pulse raiser, this gets your body moving and your blood flowing, it also wakes up your mind ready for the tasks to come so pay attention. Phase 2 is a quick stretch, head to toe aimed at warming your joints up and achieving your full range of movement, Phase 3 is the final pulse raiser aimed at really warming you up ready for training. All designed to reduce your chances of injury and get your body ready for martial arts training, if you arrive 5 or 10 mins late you'll miss important parts of the warm-up, so arrive 10 mins early, that way you'll improve your martial arts training and reduce your risk of injury!

Nails; finger nails and toe nails should be kept short and clean, we don't get many injuries at my clubs but we get far too many as a result of long nails – protect yourself and your training partners keep your nails trimmed.

Train hard, train often and listen to your instructor.

Sensei Rob Phelps  
4<sup>th</sup> Dan, Senior Coach.



Don't forget to check out the website [www.leicesterjujitsu.co.uk](http://www.leicesterjujitsu.co.uk) for the most up to date information about the clubs. – newsletter14.doc