

### Happy New Year for 2010

As I am mending well from my motorbike accident I had on November 7<sup>th</sup>, I am looking forward to getting back to teaching in January and training again in March. November and December of 2009 were difficult months for the club but due to the hard work of my assistant club coaches and junior leaders we were able to keep running and also managed to have enough students ready for the December grading. **Many thanks to all the coaches for their hard work, and for all your good wishes on my recovery.**

### Grading 11<sup>th</sup> December 2009

A big **CONGRATULATIONS** to Luke Billingham, Bradley Folkard and Corey Langton 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
Luke Billingham	Red	Honours	Coalville
Bradley Folkard	Red	Honours	Coalville
Chloe Goodhall	Orange	Credit	Hinckley
Duncan Phelps	Brown/White	Credit	Hinckley
Joshua Carter	Kata 1	Pass	Hinckley
Amneet Kaur Mander	Kata 1	Pass	Coalville
Arjun Singh Mander	Kata 1	Pass	Coalville
Augusta Aggas	Kata 1	Credit	Coalville
Giacomo Aggas	Kata 1	Credit	Coalville
Teile Narcyzk	Kata 4	Credit	Hinckley/Coalville
Seniors	Grade	Result	Club
Louise Laywood	Yellow	Credit	Hinckley
Kieran Stephenson	Yellow	Credit	Hinckley
Amanda Phelps	Brown	Pass	Hinckley/Coalville
Jacob Phelps	Brown	Pass	Hinckley/Coalville
Corey Langton	Kata 6	Honours	Coalville

### Black Belt Grading, December 2009

Twice a year, the black belt gradings are held in Chesterfield under the instruction of Soke Robert Clark 9<sup>th</sup> Dan who is the head of The World Ju Jitsu Federation and his team of high ranking officials. Students who have attained brown belt spend a minimum of 12 months training two to three times a week to gain this prestigious award, and it takes hard work and dedication to get to this level. On 13<sup>th</sup> December 2009, 4 students from LJ attended



and passed their DAN grading. I would like to CONGRATULATE them all at their success and look forward to training with them over the coming year as they work their way towards their next Dan grading, well done to all of you and it has been my pleasure to help you along your way.

Kelly Newbold – Junior 1<sup>st</sup> Dan

Kyle Narczyk – Junior 1<sup>st</sup> Dan

Laura Bartle – Senior 1<sup>st</sup> Dan

Tim Horswell – Senior 1<sup>st</sup> Dan

### Training Guidelines

**Green Belt Grading** – This belt is the fourth belt that you will grade for and is one of the belts that will test your tenacity and love of jujitsu. The belt has a large syllabus and many new moves on it for you to master and is therefore considered to be a test and a challenge for you. If you only have time to train once a week then you will find that this belt will take between 6 and 9 months to master before you are ready to grade. So for the many students who are currently working towards this belt we recommend patience as you work through the syllabus and strongly advise that you train twice a week where we have space, to accelerate your learning and reduce your grading time.

### Club Times & Prices

Every year the two venues we train at raise their prices to us for hire of the halls. Since 2006 we have been very fortunate to have been able to hold our mat fees at the same price; however this year sees a rise in hall hire costs again and due to this we have to raise our mat fees by 50p/session. **The new prices will come into force on February 1<sup>st</sup> 2010 as shown below;**

Monday Evening

Hinckley Club

The Dorothy Goodman School

Stoke Road

Hinckley

LE10 0EA

6:30-7:30pm juniors - £14.00 for 4 weeks

7:30-8:30pm seniors up to brown – £18.00 for 4 weeks

8:30-9:30pm seniors brown and above – £18.00 for 4 weeks

Friday Evening

Hermitage Leisure Centre

Silver Street

Whitwick

Coalville

LE67 5EU

7:00-8:00pm juniors – £14.00 for 4 weeks

8:00-9:00pm seniors – £18.00 for 4 weeks



If you wish to pay weekly the fee is £4.50 for juniors and £5.50 for seniors, please note weekly payments **do not** guarantee a place on the mat the following week, priority is given to those who pay monthly. To ensure your health & safety we must restrict the numbers on the mat at any one time.

By paying monthly you gain 1 **FREE** lesson a month and also a **guaranteed** mat place for when you are away. Moving forward into 2010 we still have a healthy waiting list, so if you aren't able to train for a long period of time please keep us informed so that we can give new students the opportunity to experience Jujitsu.

## Club Coaches

Leicester Jujitsu are now very fortunate to have a number of students who are both dedicated enough & interested in taking up the mantle of coach to assist me to teach others the ultimate martial art. If you are struggling with any part of your syllabus then please come and talk to me or one of the coaches listed below about it and we will do our best to help you. Your Jujitsu coaches for 2010 are;

Senior Coach	Grade	Club
Robert Phelps	black belt - 4th Dan	Hinckley / Coalville
Club Coach	Grade	Club
James West (in training)	black belt - 1st Dan	Hinckley
Assistant Club Coach	Grade	Club
Corey Langton	black belt - 1st Dan	Coalville
Amanda Phelps	brown belt	Hinckley / Coalville
Paul Biscombe (in training)	brown belt	Hinckley / Coalville

## Awards 2010

We will be running our popular annual awards party this year in February again, in the Coalville area, we are currently looking for a venue to hold this event and will let you have the full details once it has been booked. We look forward to seeing you all there, with family and friends. This year (like the Oscars!) we will be publishing the nominees for each category and like last year I will be canvassing my coaches to vote for students in each – so keep training hard as you are being watched!!

Can I remind all last year's trophy winners to return your trophies to the club ASAP please.

Thanks for all your hard work in 2009 and I wish you every success in 2010 – and remember;

*Don't make excuses to fail, plan to succeed.*

Sensei Rob Phelps

4<sup>th</sup> Dan, Senior Coach.

