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Welcome to our Christmas 2007 newsletter. It has been a busy year and with the number of things planned for 2008 it should be just as busy and exciting!

Club Training :-

The clubs are now closed until January 2008, re-opening as follows;

Earl Shilton - Thursday 3rd January 2008

Hinckley - Monday 7th January 2008

Coalville - Friday 11th January 2008

PLEASE NOTE: Hinckley has a change of class times when it re-opens;

Dorothy Goodman School in Hinckley;

Juniors (6-15yr old) – 6:30pm until 7:30pm – No Change

Seniors (over 16yrs old) grades white to brown/white – 7:30pm until 8:30pm – NEW

Seniors (over 16yrs old) grades brown and above – 8:30pm until 9:30pm – NEW

This has been done to allow people on the waiting list to join and also allows a better split of jitsu skill set, meaning that everyone should gain more related instructor time.

Minimum Training Sessions

As students move higher up the grading syllabus the number of attended sessions between belts becomes more and more important. The World Ju Jitsu Federation is very keen to maintain its high standards and coaches are therefore being put under continued pressure to maintain these standards and ensure that the number of attended sessions listed in the back of your budo pass is adhered to. For the vast majority of my students this is not an issue, you have found that regular attendance enhances your abilities and so your enjoyment of the art. However there are still a few we are – for whatever reason – unable to make the regular commitment. As of 1st January 2008 the minimum required sessions between grades will be adhered to.

Although I do not wish to lose students over this, history has shown that those that commit to regular training perform better and last longer, and those are the students I want to coach.



From the budo pass I have taken these minimum sessions;

Target Belt	Minimum Training Sessions Required	Mths based on once/week	Mths based on twice/week
Red	16	4	2
Yellow	24	6	3
Orange	16	4	2
Green	16	4	2
Blue/White	24	6	3
Blue	24	6	3
Purple	24	6	3
Brown/White	24	6	3
Brown	24	6	3
Black	60	15	9

Grading :-

Wow! What a fantastic grading session! Numbers were good and the standard was again very high. You know I am more nervous when I have students grading than when I'm grading myself! Sensei DelGardio was very impressed with the juniors and how much they have improved since September's grading. Keep it up juniors.

Well done to everyone who took part, it's great to see so many of you gain a Credit again, for those of you who did not manage a credit, just bear in mind that the higher up the syllabus you go the more is expected of you and the harder the challenge becomes.

A big **CONGRATULATIONS** to Louis Elms and Chirstie Cornes who took their first grade and achieved an Honours – well done. Below are the full grading results;

JUNIORS

Louis Elms	Junior	Red	Honours	Hinckley
Chirstie Cornes	Junior	Red	Honours	Coalville
Luke Bradbury	Junior	Yellow	Credit	Coalville
Brandon Dewar	Junior	Green	Credit	Coalville
Marcus Esposito-Edge	Junior	Green	Credit	Coalville
Dominic Leake	Junior	Blue & White	Credit	Coalville
Duncan Phelps	Junior	Blue	Credit	Hinckley / Coalville
Harley Morris	Junior	Blue	Credit	Hinckley / Coalville
Stacy Morris	Junior	Purple	Credit	Hinckley / Coalville
Jacob Hayes	Junior	Brown/White (1/2)	Credit	Hinckley
Jacob Phelps	Junior	Brown/White (1/2)	Credit	Hinckley / Coalville
Teile Narczyk	Junior	Kata 2	Credit	Hinckley / Coalville



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Kelly Newbold	Junior	Kata 3	Credit	Coalville
Kyle Narczyk	Junior	Kata 3	Credit	Hinckley / Earl Shilton /Coalville
Morgan Phelps	Junior	Kata 4	Credit	Hinckley / Coalville

SENIORS

Chris Boam	Senior	Red	Credit	Coalville
Alistair Ball	Senior	Red	Credit	Earl Shilton
Sarah Davis	Senior	Yellow	Credit	Hinckley
Roland Braeuer	Senior	Yellow	Credit	Hinckley
Paul Biscombe	Senior	Green	Credit	Hinckley / Coalville
Tim Marson	Senior	Green	Credit	Hinckley / Coalville
Amanda Phelps	Senior	Green	Credit	Hinckley / Coalville
Dennis Morris	Senior	Purple	Pass	Hinckley / Coalville

Laura Bartle	Senior	Kata II	Credit	Hinckley
Colin Briscombe	Senior	Kata IV	Pass	Hinckley
Anthony Littlejohns	Senior	Kata IV	Pass	Hinckley
James West	Senior	Kata VII	Pass	Hinckley

Badges :-

Now that you've taken a grading please check that your quota of badges is up to date. If you are unsure of which badges you should have on your Gi then please ask Amanda for a list, check out the information on the website or take a look at the list in the back of your Budo pass.

Club Times & Prices :-

Monday Evening Hinckley Club The Dorothy Goodman School Stoke Road Hinckley LE10 0EA	Friday Evening Hermitage Leisure Centre Silver Street Whitwick Coalville LE67 5EU
6:30-7:30pm juniors - £12.00 for 4 weeks -4 Places	7:00-8:00pm juniors - £12.00 for 4 weeks - 1space
7:30-8:30pm seniors up to Brown&White- £16.00 for 4 weeks - 4 places	8:00-9:00pm seniors -£16.00 for 4 weeks-4 Places
8:30-9:30pm seniors brown and above- £16.00 for 4 weeks - 7 places	

If are still paying weekly then the prices are £4 / week for juniors and £5 / week for seniors, paying weekly does not guarantee you a mat place and you may find you are turned away on the night if we don't have room for you. By paying monthly you gain 1 FREE lesson a month and also a guaranteed mat place. In 2008 we will be restricting the number of



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mat places to 14 for both senior and junior sessions to ensure your health and safety and also more individual time with sensei.

Student Record Cards :-

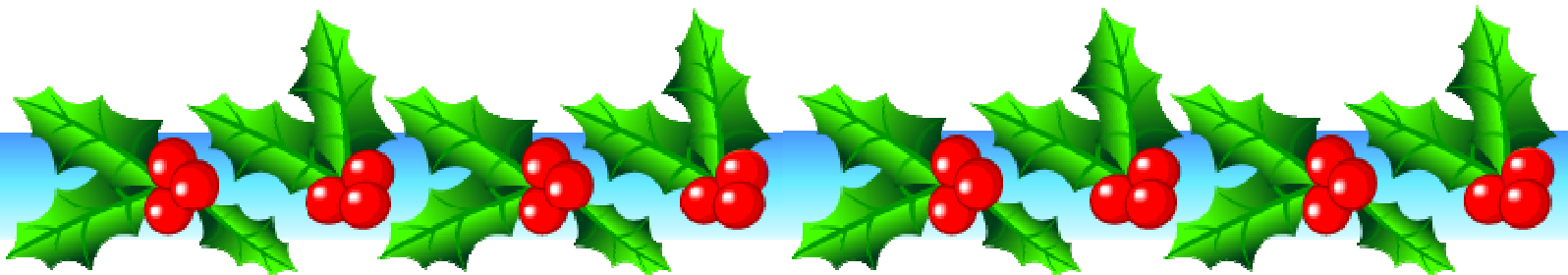
I am finding these cards very useful and I know from your comments that you are too, as it aids us both to keep a track of how you are doing and ensures you are well prepared for the grading – please remember to bring them along with you otherwise we're back to relying on our memories.

Merry Christmas :-

We've now reached the end of our 2nd year of running our clubs and continue to be pleased at how many people have taken so well to this martial art, and how enthusiastic you all are with your training. We look forward to 2008 as we go into our 3rd year we would welcome any comments you may have that will help us to maintain our high standards for the club and its students.

A number of our higher senior grades have attended an assistant club coach course this month and we are looking forward to them using their new found skills within the club. So keep your eyes open for new instructors on the mat. We hope you will help us to encourage these new assistant club coaches so that they are motivated to become full club coaches and hopefully open up new clubs in the future. This will give all our students more places to train and make Ju Jitsu more accessible to others.

All that remains to be said is **Have a Very Merry Christmas and a Happy New Year**, and we look forward to seeing you all again in 2008, from Robert, Amanda, Jacob, Morgan and Duncan Phelps.



Merry Christmas

from

Leicester Ju Jitsu



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