

# JUURAI MARTIAL ARTS: NEWSLETTER

従来 *Traditional Training* Summer Holidays 2008

Dear students,

Here is an interim newsletter to cover the Summer Holidays.

## ***Changes To Classes***

Please be aware of the class changes below:

- Thursday 10<sup>th</sup> July **Karate Cancelled**
- Thursday: 24 July **Karate cancelled**
- Tuesday: 29 July **Karate and Kobujutsu cancelled**
- Thursday: 31 July **Karate cancelled**
- Tuesday: 12 August **Karate and Kobujutsu moved to Preston Brook Village Hall for one night**
- Thursday: 14 August **Karate cancelled**

Most of the changes are due to Hillview School making repairs to the building and the only time they are able to do this is during the holidays! We have tried to rearrange classes where we could.

**All other Monday, Tuesday and Thursday classes are still running.**

## ***Wednesdays***

Please also note that the trial of a new Wednesday class has been ceased as it proved too expensive to try and build up.

## ***Courses***



A quick reminder that Sensei Phil Snewin will be running a course for us on the 26<sup>th</sup> and 27<sup>th</sup> July in Frodsham. He will be working with us on the Heian katas. They will be broken down into flow drills and pairwork, so this is a great chance to improve your kata and pairwork in one go.

There is an attached sheet with all the details you should need.

**This is a must for all karate students - Make sure you don't miss out, book your place now.**

We have also booked a one-day course on Sunday 12<sup>th</sup> October with Sensei Mark Carroll for bunkai of Heian Sandan – this is for 14 year olds and older, due to the nature of the course content. More details will follow.

## ***Next Grading***

Our next grading will be on the 31<sup>st</sup> August at Sandymoor Community hall. Remember it's up to you to train and practise enough to grade – we want everyone possible to grade!

If you are going away, have a good holiday.

Regards,  
Andy & Sam