

Changes to lesson timings

As of the 6th January 2009, our lesson format will be changing slightly to give us general karate training as well as advanced karate training.

The plan is for Monday, Tuesday and Thursday to each have a 1 hour general karate lesson, costing £2.50 per person (£5.00 family rate). This will provide a more focussed session for our junior students and the chance for more senior students to work on kata bunkai with partners, pads and mats.

The remaining time (currently 30 minutes on Mondays and Thursdays and 60 minutes on Tuesdays) will be given to advanced karate training for adults and senior grade children (brown belt and above only).

Open Karate Course review

Mark Carroll | Sun 12th Feb | Frodsham Leisure Centre

To complete our year of courses with guest instructors, Sensei Mark Carroll was invited to come and give us a 4 hour training session of his way of training kata and bunkai.

The course was only available to over 14s, due to the nature of the training, but was attended by students from red belt to 5th Dan.

We spent time using pads to test the power of our techniques and the feeling of making contact. Heian Sandan was then split into sections and tested against a partner and then as "Street kata" and finally as "Dojo kata".

The idea was that the self defence aspect of the kata is reinforced by the street kata and then again by the dojo kata.

The course was very informative and enjoyed by everyone who attended.

Shinsa (Grading)

£10.00 | 13:00 to 15:30 | Sandymoor Hall| Sun 30th Nov

Renketsu's last grading of 2008 will be held on Sunday 30th November 2008 at Sandymoor Hall starting at 13:00, with Sensei Keith officiating. As always, Sensei will discuss your grading with you personally before hand. If you are not grading, you are welcome to come along & train (like a mock grading) and support the other students, (some of whom will be grading to shodan this time!) for the usual £3.00. Please arrive promptly.

Black belt gradings cost £30.00

JUURAI MARTIAL ARTS: NEWSLETTER

従来 *Traditional Training*

Nov - Dec 2008

Nov						
Mo	Tu	We	Thu	Fri	Sat	Sun
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Dec						
Mo	Tu	We	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Jan						
Mo	Tu	We	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

News Headlines – Full details inside.

- *New embroidered gis*
- *Christmas casualwear order*
- *Half price sale!*
- *Christmas dates*
- *Changes to lesson timings*

Courses and events – Full details inside.

- *Review of karate course with Mark Carroll*
- *November Shinsa (Grading)*

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Embroidered gis

All of our gi's are now embroidered with our new JMA logo! Although the cost of the gi's have increased slightly, you no longer need to buy a badge (and it saves on all that sewing too!)

The gis are available now and the new prices are:

0 / 130	£15
1 / 140	£16
2 / 150	£17
3 / 160	£18
4 / 170	£19
5 / 180	£20
6 / 190	£21
7 / 200	£22

Christmas casualwear order

We have been requested to offer casualwear items and are about to issue an order form for lots of different items that you can wear to travel to/from training or for general use.

All items will be embroidered with the JMA Roundel (all in white) and will only be made to order. We will not be holding any casualwear in stock, but intend to repeat this ordering process every November.

We are awaiting prices and sizes and will send out an order form shortly. Whilst the aim of this is to have these items in time for Christmas and we will do everything possible to ensure this, we cannot guarantee delivery date as we are ordering through a third party.

The items we are looking to provide are:

- Polo shirts
- Hooded sweatshirts
- Sweatshirts
- Fleece jackets (interzippable with waterproof)
- Waterproof jacket (interzippable with fleece)
- Peaked cap
- Beanie hat
- Tracksuits

Half price sale!

We will be replacing our white training polo shirts with the new roundel as of April 2009 and therefore have decided to sell off the old stock (with the red square badge) at half price until the 31st March 2009. You will still be able to wear the old style white polo shirts to train in.

The black casual polos (with the red kanji for Renketsu) are also being sold off at half price as we will be offering new-style casual wear in time for Christmas each year. Please note the black ones cannot be worn for training.

Sales are on a strictly first-come-first-served basis and stock levels (at 2nd November) are:

Size	White (training)	Black (casual)	Sale Price
5-6	4	1	£6
7-8	2	4	£6
9-11	2	2	£6
12-13			£6
14-15	1		£6
Small	2	1	£8
Medium	3	2	£8
Large	1		£8
X-Large	2		£8

Christmas dates

We are finishing on Thursday the 18th December 2008 and returning on Tuesday 6th January 2009. All lessons between those dates are cancelled.

We are also closed (karate and kobujutsu) on Tuesday 9th December as the school hall is in use for their Christmas production.