

Dear students, parents and guardians,

We hope you have had a great summer break and are raring to get back into training.

### **September Grading**

As always, we'd like to congratulate everyone who graded on Sunday (18<sup>th</sup> September). We had 16 students take the grading and all passed. We have a little catch-up work to do on Kihon kata for our new red belts and all students will receive a feedback form within the next week or so, with scores from the 10 sections of the grading along with points they need to work on before they take their next grading.

We will also hand out the grading cards for stamping at classes and with your new grading syllabus on the back.

Log books will be returned once stamped and dated; unfortunately we didn't have time on the grading to complete them as well. If any parents are able to offer their time at gradings in future to assist with paperwork it would be appreciated.

### **Dropping children off at class**

If you are one of the first at class, please can parents wait until we have other adults present for child protection reasons and enough students to start a class before leaving?

We have had a few instances of parents dropping children off in the carpark and driving off, should there be insufficient numbers to run the class the parent would have to be called back.

We also recommend that students bring a warm jacket to put on after training has finished as it is starting to cool down in the evenings.

### **Casual clothing order**

As in previous years, this is the time of year that we give you the chance to order casual clothing with the JMA roundel on. This is completely optional and the clothing cannot be worn for training, but some over-clothing items can be worn over your gi whilst travelling.

We do not have a stock of casual clothing and all items are ordered to your requirements. Therefore no casual clothing orders are able to be cancelled or swapped once your order has been placed.

There is an order form attached, which must be returned by the 27<sup>th</sup> October 2011 with full payment.

#### **Dark items of clothing**

Garment: Bright Blue, Emerald, Navy, Purple, Royal, Black, Maroon, Bottle, Bright Red

Roundel: With all-white roundel design

#### **Light items of clothing**

Garment: Gold, Marl Grey, Sky, Yellow

Roundel: red/black roundel design

Colour details are available on the Trutex website: <http://www.trutex.com>

## **Andy going on call!**

Andy's work has decided that there is a requirement for him to be on call 1 week in 3 as of Tuesday (20<sup>th</sup> September)! ☹ This means that should he receive a phone call he has to answer it within 30 minutes and if required, be available to dial in within 2 hours of the initial phone call.

With this in mind, we are arranging for the other instructors to commit to attend lessons during those weeks and be fully trained/insured to be able to start or finish the class with no disruption to the students.

Whilst we aim to keep this change from affecting training, there may be rare occasions where lessons need to be cancelled at short notice. This may also occur when Andy is ill and there is no-one to cover the class (as happened recently).

With this in mind, we are trying to make it as easy as possible to contact everyone – please see the social networking section below.

## **Adult-only class (over 16s)**

It is our intention to create an adults only class from 7:30 to 8:30 on Tuesday nights, so that over 16s can train without feeling embarrassed being surrounded by their own or other people's children.

As this would be a big new step, we are offering three taster classes on 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> November 2011, to see if we have enough interest before starting a class on a 3 month trial period, with a view to making it permanent if the interest is there.

The class will be a standard Shotokan karate class, focussing on the grading syllabi. Adult students would be welcome at the advanced classes (and the family classes if they wish) once they are settled in.

Usual details apply:

1. First lesson is free.
2. £2.50 per lesson per person after that with family discount and both-classes discount for Tuesday nights.
3. Loose fitting casual wear is fine for new starters.
4. Requirement to license after your 3<sup>rd</sup> lesson for insurance reasons.

If you or someone you know would be interested, please let us know at class or email/Facebook/twitter etc.

## **Social networking**

We now have a facebook and twitter presence for the club and would appreciate as many of you as possible linking/following us so that we can announce information/cancellations in the easiest way possible.

**Facebook:** group "Juurai Martial Arts" – Restricted group, please request to join with your name (if you use a pseudonym on Facebook).

**Twitter:** Follow us at @Runcorn\_karate for updates.

There are links to these on the "About Us" page of our website, to make it as easy as possible to link/follow us.

Note: We realise that younger children are not allowed to register on those sites, but hope that parents who use them will link/follow us to receive the updates.

If you do not use Facebook or Twitter, please check our website ([www.runcornkarate.com](http://www.runcornkarate.com)) before heading to class as any changes will be publicised on the front page.

Alternatively, please notify us if you are unable to use any of the above methods and we will create a list of mobile numbers and e-mail address for texting and mailing should there be a short notice change.

## Events in 2011

Hopefully those of you that attended the bowling night over the summer holidays enjoyed it – I know we certainly did and will be looking to do the same again next year.

Grading dates have been set for 9 Oct, 13 Nov and 11 Dec. All are from 1pm to 3pm and students will be notified in advance if they are able to take a grading.

Social activities are currently being organised and more info will follow:

1. Adult students and partners, meal and drinks in Stockton Heath
2. All students with adult supervision for a subsidised visit to the cinema (hired screen with discounted concessions). We have the choice of film if we hire a screen, so were thinking of Kung Fu Panda 1 or 2.

Please note: The cinema visit is likely to instead of the Christmas party for 2011.

## 2012 – A big year for us

Next year will see our 15<sup>th</sup> anniversary and we are planning a few events over the year to celebrate:

1. **Jan** - Juugonen (15<sup>th</sup> anniversary) badge to wear on your gi during 2012 – *Free*.
2. **Mar** – Tonfa course – *£10 per person (includes weapon hire)*.
3. **Jun** – Family party with bar, disco and food – *Free*.
4. **Jul** – Summer training camp (under canvas) – *partly subsidised*.
5. **Aug** – Bowling night – *Price depending on deal from bowling alley*.
6. **Sep** – Nunchaku course – *£10 per person (includes weapon hire)*.
7. **Nov** – Club competition – *£10 per person (includes trophies)*.
8. **Dec** – Christmas party – *£ TBC*.

Tonfa are side-arm baton, similar to what the police used to carry, used in pairs. Nunchaku are two short 'sticks' attached by cord or chain.

The tonfa and nunchaku courses are open to students from age 10 and above; Under 18s will use foam weapons and over 18s can use wooden weapons if they wish.

Regards,  
Andy & Sam Wilkinson

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**Facebook:** Juurai Martial Arts

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