



## Welcome to the New Year

We hope you have had a great festive season and are fully rested and chilled out. Rob and I have had a break and are ready and raring to go in 2013. We've been making plans for 2013 and are excited to see if we can pull them off. Keep an eye on our website [www.leicesterjujitsu.co.uk](http://www.leicesterjujitsu.co.uk) and on our social media accounts to watch what we are up to and how much we achieve.



Leics\_jujitsu



Leicester ju jitsu



Leicester JuJitsu

Things to watch out for during 2013; Sparring, ground fighting, BJJ competition, planning for black belt, new instructor training, courses and towards the end of the year the opening of a new club! – *Sensei Amanda Phelps*

## Ground Fighting & Sparring

We will be continuing with ground fighting and sparring techniques in the club sessions during 2013. To take part in sparring sessions you will need; gloves, gum shields, shin and instep pads. If you wish to take part in the BJJ competition your equipment must be BJJ certified.

These sessions will be done on alternative weeks;

Week beginning	Activity
21 <sup>st</sup> January	Ground fighting
28 <sup>th</sup> January	Sparring
4 <sup>th</sup> February	Ground fighting
11 <sup>th</sup> February	Sparring
18 <sup>th</sup> February	Ground fighting
25 <sup>th</sup> February	Sparring

As we get closer to the next grading on 24<sup>th</sup> March these sessions will stop, so you can concentrate on syllabus techniques.

## Black Belt Grading December 2012

Well done to Lee Matson on achieving his Black Belt at long last. When people ask me how long it takes to achieve a coveted black belt, I always say 3 years if you train twice a week every week and grade at every opportunity. Lee however, took a little bit longer. All in all 12 years, which is a marathon of a journey?

To be fair Lee did have a break of 7 years when he did no training at all, on his return to Leicester Jujitsu he had to start again from scratch. However, I did what I always do in such circumstances and fast tracked him by teaching him each belt in turn and giving him a short grading as part of a normal class. Lee then did a normal grading for Kata 4 and brown belt, aware of the fact that his first proper grading would have been black belt.

This took 18 months to complete, early belts were swiftly devoured and the pace slowed as the journey was made through the higher belts, which required more practice to achieve the technical skill necessary to perform the more difficult techniques to the necessary standard.

On the 11<sup>th</sup> November 2012 Lee went to Nottingham to do his black belt assessment and written medical test and passed with flying colours ready for the final push for the grading on Dec 2nd working with uke's he'd never met before. This is a real test of someone's technical ability, being able to perform jujitsu on anyone.

Well done Lee, what next? - *Sensei Robert Phelps*

# Awards 2012

1st December 2013 saw our 6th Awards night held at Hermitage Leisure Centre. We celebrated the achievements of Leicester Jujitsu students, had some fun and raised £200 for Sensei James West, who had an unfortunate motorbike accident in August 2012.

Many thanks to all those who took part in the fundraising and in the donation of raffle prizes. Sensei Robert Phelps presented the money to James on Wednesday 12th December 2012. James is currently in Sheffield Hospital, rehabilitating to his new way of life, for more news please ask Sensei Rob. We look forward to seeing James home in the near future.

Below are our award winners. Students were nominated by all club coaches, see our website for full nomination list. If you were nominated well done, it is a sign that you have achieved something worth noting and you have stood out in a positive manner in the eyes of the coaching team.

Below are the winners of each category;

	<b>Earl Shilton (Wednesday)</b>	<b>Coalville (Friday)</b>
<b>Junior Most Improved</b>	Emma Williams	Josh Horswell
<b>Junior Technical Best</b>	Callum Judge	Luke Billingham
<b>Senior Most Improved</b>	Bradley Folkard	Yvonne Horswell
<b>Senior Technical Best</b>	Nick Webb	Rory Holden

Our awards are designed to encourage and recognise those students who have not yet reached black belt. In today's world recognition for trying hard is neglected and most receive recognition for mistakes. At Leicester Jujitsu we like to see all students make progress through effort, from dedication, discipline and repetition come technique, speed and success.

**Most Improved category;** this category recognises those students who have put in a lot of effort and dedication even when they find the art of Jujitsu difficult. Martial Arts is not a natural practice for most of us and it takes work, mentally and physically to be able to move through the grading's. Winners of this category can congratulate themselves for persevering with jujitsu although they do not find it easy.

**Technical Best category;** this category recognises those students who are perfecting the techniques they are learning at their own level. It takes immense concentration and very regular training and practice to understand a technique and perform it with style and technical excellence. Winners of this category can congratulate themselves for their dedication to the art of jujitsu and for the hours of practice they put in to achieve their skill.

We have planned our next Awards Evening for **Saturday 30<sup>th</sup> November 2013**, so put the date in your diary and join the party. Oh yes and let's see the effort, practice and dedication needed at club and you may be a winner of a club trophy!

# Grading Results 9<sup>th</sup> December 2012

Congratulations to all those below for their dedication to Leicester Ju Jitsu. We look forward to coaching you towards your black belt during 2013.

Seniors	Grade	Result
Stephen Adlam	Yellow	Credit
Paul Jex	Green	Credit
Rory Holden	Green	Credit
Tom Hinds	Green	Credit
Ash Ellis	Blue & White	Credit
Nick Webb	Purple	Credit
Matt Cropp	Brown & White	Credit
Nathan Webb	Brown & White	Credit
Ash Ellis	Kata 2	Credit
Rory Holden	Kata 2	Credit
Paul Jex	Kata 2	Credit
Laura Bartle	Kata 6	Credit
Juniors	Grade	Result
Isabella Edwards	Red & White	Credit
Dominic Brown	Red	Credit
Joe Dickinson	Red	Credit
Luka Morar	Red	Credit
Morgan Johnson	Red	Credit
Tavian Edwards	Red	Pass
Zachary Adlam	Red	Credit
Ethan Adlam	Yellow & White	Credit
Freddie Clarke	Yellow & White	Credit
Lewis Edwards	Yellow & White	Credit
James Simpson	Orange	Credit
Isobel Miller	Green & White	Credit
Kristian Simpson	Green & White	Credit
Lizzie Hinds	Green & White	Credit
Callum Judge	Purple & White	Credit
Hollie Harvey-Rowley	Kata 1	Credit
James Simpson	Kata 1	Credit
Kristian Simpson	Kata 1	Credit

## Grading Dates 2013

Sunday 24<sup>th</sup> March  
 Sunday 23<sup>rd</sup> June  
 Sunday 22<sup>nd</sup> September  
 Sunday 15<sup>th</sup> December

*RED THRU TO BROWN BELT INCLUDING KATAS.*

Juniors – 10:30am to 12:30pm  
 Seniors – 1:30pm to 3:30pm

The Stute  
 12 Station Road  
 Earl Shilton  
 Leicestershire  
 LE9 7GA

## Grading system marks;

Pass – 40% to 59%  
 Credit – 60% to 84%  
 Honours – 85% to 100%

## Inspirational Quotes

**“There are no shortcuts to any place worth going.”**

- Beverly Sills

**“The key is not the will to win. Everybody has that. It is the will to prepare to win that is important”**

- Bobby Knight

# Planning for Black Belt – Why not you?

Yes it's possible! Black belt is attainable by YOU and everyone who partakes in Jujitsu. It's all to do with discipline, dedication and practice which we are all hard wired to do, although many of us have forgotten how to do it. So well done, you've achieved the most difficult step, that is the first step! Just entering a martial art Do Jo is one of the scariest things most of us will have done, especially if you're only 6 years old.

So now all you have to do is be disciplined, listen, be coachable and practice. Sound easy? Unfortunately it's not easy but it is simple, two words which often get confused. The system of discipline, listening and practicing are quite simple and straight forward; however in reality it's not easy, simply because life gets in the way. Oh yes, we all have a life outside the Do Jo! Therefore everyone's journey to black belt is different and has different challenges because life gets in the way. This can be said of everything worth doing. The speed at which you reach black belt is not important it's your stick-ability to the challenge no matter what.

Being disciplined is simply creating new habits, which can take some time to achieve. The main discipline you will need for Jujitsu is regular attendance. Come rain or shine, can you commit to training sessions regularly or will your life out focus you?

Listening, a skill most of us have forgotten how to use. One of the most difficult skills to develop as a child and one that is much underused as an adult. When was the last time you just listened to someone without passing comment or opinion? Listening gives your brain time to assimilate what has been said and allows thinking and learning to happen. Most of us do conversation and start to talk before the other has finished assuming we know what the speaker is going to say. There is a very good definition for assume – it makes an ASS out of U and ME.

In order to learn you need to listen, the more you listen the quicker you learn and the faster you will progress. Give it a go see what difference it makes.

Being coachable, easy you may think, hmmm! Surprising how many people young and old are not coachable. Are you prepared to forget who you are and what your position in life is outside the Do Jo?

Are you committed to your development and appreciate feedback from others? Are you ready to be instructed, directed and prompted by your sensei and trust in the tuition they are giving you? You don't have to like your instructor to learn something from them. Remember your instructors have worked hard to get their black belts and like you have spent many hours of getting it wrong and being frustrated and fed up with the hours of practice. But what is different about them to you is they have remained disciplined dealt with the challenges to come out on top. So every instructor is worth listening to as they may have the answer to deal with the challenge you are working through. The best answers usually come from the instructor who has struggled with the same challenge on their journey, be coachable and you could pass through this challenge quicker than they did.

Practice is very important, this is how you perfect a new skill and help get your brain out of your way. It's human nature to get in the way of ourselves. Have you noticed that when you learn a new technique, you talk about it, you analyse it and you think about it before you actually have a go at it. When you do try it once then you go back to talking, analysing and thinking, it takes a long time for this process to move onto just doing it naturally without thought. To speed up this process and get your mind out of your way you need to practice, practice, practice and not just in the Do Jo at home to. Kata's are a great way of repeating the pattern of movements of a technique and can be easily performed on a daily basis at home. Why not ask an instructor how often they practice jujitsu or if they have a shadow partner they regularly throw at home? You'll be surprised to hear that even with a black belt we practice at home with our shadow partner as well as in the Do Jo with you. Now ask yourself, do you find jujitsu slow and frustrating at times? How often do you practice? You may now have found the answer to your frustration.

So are you capable of achieving black belt with this simple system of; be disciplined, listen, be coachable and practice? Let me ask you some other questions; Did you learn to walk as a very small child? In the process of learning to walk how many times did you fall over? How many times did you bump your head? How many times did you make that dash between the sofa to the coffee table? How many times a day did you get back up and try again? When you walk from A to B today how often do you analyse it before you just do it?

So in answer to you achieving black belt, if you put as much time and effort into jujitsu as you did to learning to walk then black belt will be a doddle! Now it's over to you, let's see what you can do? - *Sensei Amanda Phelps*

# Instructor Training

We've been chatting casually to a number of people over the past few weeks to gauge interest in becoming a Ju Jitsu instructor and have been overwhelmed with the enthusiasm for this.

Therefore your enthusiasm has provided us with a new goal for 2013. This is to open a new club before the end of the year with a new team of instructors. It would be very exciting if Leicester Jujitsu could reach a wider audience and new instructors could duplicate the success of the current clubs in the Leicestershire area.

Would you like to be an instructor? Are you enthusiastic and can you leave your ego at home? Then come and talk to us. We're looking for both junior & senior instructors. To enter the instructor training programme you will need the following;

## Junior Instructors

- Be 12 years old or over
- Have reached purple belt level
- Be coachable
- Have good listening skills
- Be enthusiastic
- Be able to attend monthly training on a Saturday
- Be able to attend quarterly gradings on a Sunday

## Senior Instructors

- Be 18 years old or over
- Have reached blue belt level
- Be coachable
- Have good listening skills
- Be enthusiastic
- Be able to attend monthly training on a Saturday
- Be able to attend quarterly gradings on a Sunday

In order to ensure the calibre and standards of our instructors we will be running a monthly FREE Saturday morning training session, dedicated to the syllabus, coaching skills, duty of care, lesson planning, individual needs, club admin and grading techniques.

Training will be one Saturday a month 10:00 to 12:00 at The Stute, Station Road, Earl Shilton on the following dates;

12<sup>th</sup> January  
13<sup>th</sup> April  
13<sup>th</sup> July  
12<sup>th</sup> October

9<sup>th</sup> February  
4<sup>th</sup> May  
10<sup>th</sup> August  
9<sup>th</sup> November

9<sup>th</sup> March  
8<sup>th</sup> June  
7<sup>th</sup> September

**Why be an instructor?** Quite simply - to give back! It is well known in martial arts that to give back makes you not only a better person but also improves your own techniques therefore making you better at jujitsu. It is very rewarding to help other people achieve and reach their goals. As you help others you learn to analyse jujitsu techniques with a new focus which more often than not provides you with answers to problems you have with your own technique. Coaching martial arts is all about the win win scenario. As you teach your students, you learn from them.

We look forward to you joining us on the instructor programme and are excited to see what 2013 brings to the club.

## Holiday Closure

Leicester Jujitsu will be taking its annual closures on the following weeks;

- Week starting 25/3/13 – 1 week
- Week starting 29/7/13 – 2 weeks
- Week starting 23/12/13 – 2 weeks

Please note these will not affect your direct debit payments.

## Payment Structure

Your payments are calculated over a 47 week year and then divided into 12 equal monthly payments. This allows for 5 week months and time out for holidays as outlined above.

If you miss sessions due to your own holiday or illness then please arrange to attend a makeup session. If you are ill for more than 4 weeks please let us know and we will suspend your payments until you are well enough to return.



Leics\_jujitsu



Leicester ju jitsu



Leicester JuJitsu

Robert & Amanda Phelps  
Perfect practise prevents poor performance.



Forever Savvy continues to grow, many thanks to each and every one of you who continues to purchase Forever Living Products. See our video diaries charting our progress at YouTube [www.foreversavvy.co.uk/theproject](http://www.foreversavvy.co.uk/theproject)

Don't forget ALL retail profit from Forever Living Aloe Vera products purchased from Leicester Jujitsu is donated to Forever Savvy. You can also order online at [www.foreversavvy.co.uk](http://www.foreversavvy.co.uk)



## Aloe Vera Gelly

Essentially identical to the aloe vera plant's inner leaf, our 100% stabilised Aloe Vera Gelly lubricates sensitive tissue safely. As if squeezed from the leaf, it's absorbed quickly and calms

irritated skin and helps soothing scarred skin. Great for burns, cuts, stings, athletes foot, fungal infections and sore throats.

N.B. suitable for people prone to eczema and psoriasis.

**BUY ONLINE at [www.foreversavvy.co.uk](http://www.foreversavvy.co.uk) or order in club.**

**ONLY £12.24**