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Well I don't know about you but we've been busy bees, it's been a hectic time with work, training, kids, summer holidays, so busy in fact we didn't manage to fit in a June Newsletter – oops!

**Grading 11<sup>th</sup> June 2010**

We apologise to those who graded in June as we didn't find the time to put a newsletter together and print your hard earned results. Well done to all those who did grade especially to those who achieved an Honours; Louis Elms, Richard Price & Marek Marzanski. Below are the full grading results;

Juniors	Grade	Result	Club
Luke Billingham	Yellow	Credit	Coalville
Bradley Folkard	Yellow	Credit	Coalville
Giacomo Aggas	Orange	Pass	Coalville
Reef Narczyk	Blue/White	Credit	Hinckley/Coalville
Luke Bradbury	Blue	Credit	Coalville
Brandon Dewar	Purple	Pass	Coalville
Marcus Esposito-Edge	Purple	Pass	Coalville
Abigal Hornsey	Kata 1	Credit	Hinckley
Kaylum Hart	Kata 1	Pass	Coalville
Eden Watts	Kata 1	Pass	Coalville
Alex Bradbury	Kata 1	Pass	Coalville
Reef Narczyk	Kata 2	Pass	Hinckley/Coalville
Louis Elms	Kata 2	Honours	Hinckley
Seniors	Grade	Result	Club
Richard Price	Red	Honours	Coalville
Nathan Webb	Red	Credit	Coalville
Gary Smithurst	Red	Credit	Coalville
Louise Laywood	Orange	Credit	Hinckley
Kieran Stephenson	Orange	Credit	Hinckley
Lorna Wiltshire	Blue	Credit	Hinckley
Louise Laywood	Kata 1	Credit	Hinckley
Marek Marzanski	Kata 2	Honours	Hinckley
Colin Briscombe	Kata 5	Pass	Hinckley
Laura Bartle	Kata 5	Pass	Hinckley



## Grading 17<sup>th</sup> September

Well done to all those who did grade especially to those who achieved an Honours; Chase Peel, Luke Bradbury & Richard Price. Below are the full grading results; The latest grade although very small was very successful, congratulations to those who did grade, your results are below;

Juniors	Grade	Result	Club
Chase Peel	Red	Honours	Earl Shilton
Reno Rayvadera	Yellow	Credit	Earl Shilton
Reef Narczyk	Blue	Credit	Earl Shilton/Coalville
Luke Bradbury	Purple	Honours	Coalville
Frank Goodyear	Kata 2	Credit	Earl Shilton
Seniors	Grade	Result	Club
Richard Price	Yellow	Honours	Coalville
Gary Smithurst	Yellow	Credit	Coalville
Marek Marzanski	Blue/White	Credit	Earl Shilton

## NEXT GRADING FRIDAY 10<sup>th</sup> DECEMBER

Black belt assessment – 28<sup>th</sup> November 2010 | Black belt grading – 13<sup>th</sup> December 2010

## Kata Videos

Finally we've found the time to put the kata's in a video format you can easily view from the website. By uploading our video's to YouTube you should no longer find you have problems viewing them. You can view these at either our own website [www.leicesterjijitsu.co.uk/jijitsu-kata.asp](http://www.leicesterjijitsu.co.uk/jijitsu-kata.asp) or go straight to [www.youtube.com](http://www.youtube.com) and search for leicesterjijitsu.

You will find the following videos available to view and for you to practise at home;

Kata 1 – Novice

Kata 2 – Novice

Kata 3 – Part 2

Kata 4 – Part 1 and Part 2

Kata 5 – Stance

Kata 6 – Nunchuk and Tonfa 1

Kata 7 – Yawari

Junior red – basic blocking

Senior red – basic blocking

Junior Yellow – horse stance

Senior Purple – Kicking and Blocks & Strikes



We still have a few more kata's to record, but as soon as they are ready we will upload them to YouTube, so watch this space.

## Nutrition for training

Get your 5-a-day, drink gallons of water and you'll be fit and healthy, look like Arnold Schwarzenegger (a young version!) – well that was easy wasn't it?

Get your 5-a-day, that's what the government recommends, from a personal point of view we cook most of our meals from fresh ingredients and vary what we eat each day, this helps to give us the vitamins and minerals we need plus keeps the meals interesting. I eat 1 -2 apples a day as this is my fruit of choice, and about 6 months ago I went on a ground fighting course with the famous Royce Gracie, and he drinks a lot of smoothies, but then what does he know? So I bought a smoothie maker and have been having one for breakfast pretty much ever since, I like them because you can put in any fruit you like (even fruit that's a little past it's use date) and a spoonful of honey too if some of the fruit is a bit tart, then mix it all up with some liquid like apple juice, orange juice, milk or just water. My youngest doesn't like them 'cos "*they've got bits in*", but the rest of the family drink them. If you decide to go this route you'll find loads of free recipes on the internet.

So, vary your diet, don't live on crisps, chocolate and pizzas (or beer!), but as long as you eat a good diet most of the time you can eat some "rubbish" with impunity now and then, a good diet mixed with a decent exercise regime and you'll be fighting fit in no time.

The best advice I can give about diet and exercise is to choose things you like, some things like martial arts you have to give them a fair crack of the whip before deciding for sure whether or not they're for you, but trying to stick with something that doesn't fit into your life is going to be a struggle you'll probably lose, so try lots of different things and then commit to the one that works for you.

PS I've literally just discovered a wonder product - flax seed oil, look it up on Google, I've just bought some from Holland and Barrett with a view to adding it to my smoothies, it's high in omega-3 and is brilliant for all sorts of things. Good luck!

## Exercise

Ju Jitsu is great exercise and as you progress through the belts you'll find that your fitness improves and your need for greater fitness will increase, so the question is what should you do to keep fit and improve your fitness?

The answer is you should do any form of exercise you enjoy and can easily fit into your life, for example there's no point in choosing swimming if you don't like swimming and don't live near to a swimming pool, but if you do and can fit it in on a regular basis, go for it, as swimming is brilliant exercise doesn't involve any impact (unlike ju Jitsu!) and is good for toning, muscular strength and cardiovascular fitness, alternatively running, cycling or even walking.



Personally I like running, swimming every so often, and of course my ju Jitsu, I also like to do small amounts regularly so I do 10 sit-ups , 10 press-ups and 10 squats every morning, it's not a huge commitment, is quick to do and maintains a basic level of strength and fitness.

I have recently decided to enter the Leicester half-marathon so I'm doing a lot of running at the moment to build up my fitness, I have to have a target to aim for as this gives me the motivation to put the training effort in, so if you want to improve your fitness I recommend you choose a target, be it a distance one, a speed one or perhaps an achievement....maybe your black belt.

### New Classes – Monday's club moves to Wednesdays

Our Monday classes have relocated to a new night and a new venue. They will run on a Wednesday Evening at;

The Stute 12 Station Road Earl Station Road Leicestershire LE9 7GA	Juniors – 6:30pm to 7:30pm Seniors – 7:30pm to 8:30pm Senior Adv – 8:30pm to 9:30pm	Juniors – £4.50 / week or £14 monthly in advance  Seniors – £5.50 / week or £18 monthly in advance.
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If you would like to try our new Wednesday classes give Sensei a call or just come along and try them out. Don't forget if you pay monthly in advance you save £1/week which over a year gives you 12 free sessions.

