

*Happy New Year to Everyone*

Please read this newsletter as there is important information about MAJOR changes occurring with Leicester Ju Jitsu in 2011 that will affect you.

### Grading 10<sup>th</sup> December 2010

December's grading was Awesome and finished the year off with a bang with a grand total of **11 HONOURS**, our best result yet. Well done to all those who did grade especially to those who achieved an Honours; Callum Judge, Isobel Miller, Niall Baum, Frank Goodyear, Louis Elms, John Wagstaff, Matt Cropp, Ross Ward, Kieran Stephenson (x2). Below are the full grading results;

Juniors	Grade	Result	Club
Callum Judge	Red	Honours	Earl Shilton
Dominic Elms	Red	Credit	Earl Shilton
Isobel Miller	Red	Honours	Earl Shilton
Niall Baum	Red	Honours	Coalville
Christopher Walsh	Red	Credit	Hinckley
Chase Peel	Yellow	Credit	Hinckley
Remy Rayvadera	Yellow	Pass	Earl Shilton
Abigail Hornsey	Green	Pass	Earl Shilton
Frank Goodyear	Blue/White	Honours	Earl Shilton
Louis Elms	Blue	Honours	Earl Shilton
Reno Rayvadera	Kata 1	Pass	Earl Shilton
Luke Billingham	Kata 1	Pass	Coalville
Brandon Dewar	Kata 3	Credit	Coalville
Seniors	Grade	Result	Club
John Wagstaff	Red	Honours	Earl Shilton
Matt Cropp	Red	Honours	Earl Shilton
Ross Ward	Red	Honours	Earl Shilton
Nathan Webb	Yellow	Honours	Coalville
Kieran Stephenson	Green	Honours	Earl Shilton
Kieran Stephenson	Kata 1	Honours	Earl Shilton



## Black Belt Grading 19<sup>th</sup> December 2010

**Congratulations** to Amanda Phelps, Paul Biscombe and Teile Narcyzk on being successful at their grading and securing the coveted black belt. Photo shows all 3 with Sensei Simon Rimmington (7<sup>th</sup> Dan).

This is the culmination of four years hard work and countless hours of training to achieve this high standard and join the elite in the martial arts world, all 3 train at both clubs every week. Teile is only 12 and is the youngest black belt of the club, she began training at the age of 8, and she shows good style and enthusiasm for the sport. Paul had previously trained in judo but after a long break turned to Ju Jitsu and has never looked back. He enjoys the street-defence practical nature of the art and look forward to starting weapons training. Amanda is married to sensei Phelps, had no previous martial arts experience and took up the sport as a new year resolution 4 years ago which was a big surprise to sensei. Amanda will continue to train towards her 2<sup>nd</sup> Dan and to coach at both clubs.

## Major Changes for 2011 - Great, Exciting things are happening!

As we move into 2011 I have been looking at how best to move the clubs forward, I wish to enhance our Ju Jitsu with additional elements like ground fighting, advance pressure point systems and a chance to compete against other clubs nationally.

Unfortunately the World Ju Jitsu Federation (WJF) have stated that ground fighting is not allowed in their affiliated clubs and do not partake in the competition arena. So I have spent 12 months investigating the options available, and by far the best option is to affiliate the clubs to the British Ju Jitsu Association (BJA) whom the WJF were once a member. The BJA has a larger number of UK students, regular competitions and much more flexible policies enabling us to enhance our syllabus. Last year 2 long standing WJF coaches left for the BJA and from reports of their positive experience we are making the same move as of 1st January 2011.

The current JJ syllabus is undergoing scrutiny by the BJA, once approved by them it will form the basis of our coaching. Initially I have kept the syllabus very similar but over the coming months I will be making changes to augment and improve it, removing unnecessary techniques and adding important basics such as punching. Over time I will be tweaking each belt to make students more rounded and proficient at the art.

For more information on the BJA go to their website at [www.bjjagb.com](http://www.bjjagb.com)

FAQ's - here are some answers to burning questions you may have;

1. Will my WJJF grade remain the same?

- a. YES, your current grade is confirmed by me and recognised by the BJJ

2. Can I still train with a WJJF club?

- a. YES, I have no problem with you training with another club, I view this no differently to a student who also trains in Aikido, Karate or Judo. However you will need to ensure that you have the relevant insurances in place for each club you train with. Also, as we move forward the gap between the 2 styles will broaden.

3. Will my WJJF insurance cover me for BJJ?

- a. NO, the BJJ run a different system whereby membership and insurance is combined, however they will honour the current student insurance you have in place until its renewal date, at which point your insurance will be renewed with the BJJ. However I don't believe that the WJJF will continue to honour your insurance so you will need to ask the question if you train at another WJJF club.

4. What will happen to the gi or uniform?

- a. Students who have purchased the WJJF blue gi can continue to wear them in both LJ clubs however this is not a system we will be continuing. Moving forward a white gi with the LJ logo on it will become the norm and a new coloured gi system will be introduced to identify Coaches and Junior Cadet Leaders only.

5. What will happen to the badge system?

- a. The current badge system was devised by the WJJF and added to your gi at any time, with stipulations for certain badges with certain grades. This system will no longer be used; however I am more than happy for those students who have the badges to continue to wear them on their gi's. A new system will be introduced, whereby badges will be awarded as students reach land mark achievements (e.g. an Honours at grading), these will be badges of recognition that will be provided free of charge.

6. What about the Budo Pass?

- a. We will be introducing a new budo pass with LJ logo on it. Next time you grade you will be issued with a new budo pass which will be marked with all your past grading dates and results.

The basic training practises you currently enjoy will not change and there will be no pressure to compete if competition is not for you. But to be a black belt of quality you should possess basic ground fighting and sparring skills, and this is what I will be providing you with.

## Club Closures 2011

Over the year the club will be shut for 5 weeks so you will not be charged for these sessions. The club closures will be;

- Week of 25<sup>th</sup> April to 29<sup>th</sup> April (1 week)
- Weeks of 18<sup>th</sup> July to 29<sup>th</sup> July (2 weeks)
- Weeks of 19<sup>th</sup> December to 30<sup>th</sup> December (2 weeks)

This means you will have 47 training weeks available.

## Classes and Training Fees

With the change over to the BJJ A we are also introducing a new monthly direct debit payment scheme. This will make the payment system much more efficient and enable us to start classes promptly with no queuing and no hunting around for change! Your payment will be the same every month as we have evened out the payments over the 47 weeks, and for all of our existing students your payments will remain unchanged, however as we will no longer be taking payment on the night we will not be able to support any ad-hoc students, if you currently fall into this bracket, please speak to Sensei.

The introduction of a New Student Membership Scheme in February will make multiple training sessions much cheaper, the fee of £10/week for both juniors and seniors enables you to train as often as you like! And with the introduction of the extra sessions we're offering your options are increased – if you'd like to move over to the New Student Payment System straight away please let us know.

- Family discounts are available with the New Student Membership Scheme;
  - 1<sup>st</sup> family member - £10/week
  - 2<sup>nd</sup> family member - £8 / week (20% off)
  - 3<sup>rd</sup> family member - £6 / week (40% off)
  - 4<sup>th</sup> family member - £4 / week (60% off)
  - All other family members free

A letter explaining the fees will come out to you shortly along with a direct debit form for you to complete, when you receive these you will be given the opportunity to remain on your current fees or upgrade to the new membership with its benefits.

**At your 1<sup>st</sup> training session in January 2011, please return your registration form and pay your Mat fee for January by Cheque or cash as before, Please Note this is the last time you will be able to do this.**

## Training Sessions;

<b>Earl Shilton – from Wednesday 5<sup>th</sup> January 2011</b>	<b>Coalville – from Friday 7<sup>th</sup> January 2011</b>
6:30pm – 7:30pm Junior Cadets 7:30pm – 8:30pm Seniors	7:00pm to 8:00pm Junior Cadets 8:00pm to 9:00pm Seniors
<b>Earl Shilton – from Wednesday 2nd February 2011</b>	<b>Coalville – from Friday 4<sup>th</sup> February 2011</b>
5:30pm – 6:30pm Junior Cadets 6:30pm – 7:30pm Junior Cadets 7:30pm – 8:30pm Seniors 8:30pm – 9:30pm Seniors	7:00pm to 8:00pm Junior Cadets 7:00pm to 8:00pm Seniors 8:00pm to 9:00pm Junior Cadets (age 12+) 8:00pm to 9:00pm Seniors  2 training mats will be available to ensure Cadets and Seniors are NOT training together.

## Advanced Senior Session at Earl Shilton

Due to the drop in numbers the Earl Shilton Advanced Senior Session has now been cancelled. We ask that the remaining advanced seniors, who wish to train in January, attend the earlier session of 7:30 to 8:30pm, from the beginning of February the 8:30pm to 9:30pm class will also be available.

## 2011 Gradings

The format of gradings will change in 2011 and will receive ratification from the BJJJA, these have been arranged to make them more efficient, give detailed feedback to students and to ensure Friday Students don't lose valuable training sessions. There will be 3 gradings over the year, which have been arranged to ensure as many students as possible are ready by avoiding major holiday periods.

Dates	Times	Details	Venue
Sun 27 <sup>th</sup> March 2011 Sun 26 <sup>th</sup> June 2011 Sun 27 <sup>th</sup> November 2011	Cadets – 11:00am to 12:30pm  Seniors – 1:00pm to 2:30pm	RED THRU TO BLACK BELT INCLUDING KATAS  Don't forget to bring your budo pass and ensure that your Gi is clean and ironed. You will only be allowed to grade if your membership & insurance are up to date.	The Stute 12 Station Road Earl Shilton Leicestershire LE9 7GA

## 2011 Awards

Due to the major changes we will be undergoing over the next few months we are unable to organise a Full Awards Evening. Instead we will be doing a presentation evening in each of our clubs at the end of February.

Please could all our winners from last year return their trophies to the club ASAP.

## Japanese

I have long thought that Japanese words would enhance the Ju Jitsu syllabus and make learning those techniques with similar sounding English names easier. So your Sensei's will endeavour to learn essential Japanese phrases and use them in class. You can learn too and help us out when we make mistakes, to begin with we will be making use of the following words.

<u>English</u>	<u>Japanese</u>	<u>Pronunciation</u>
Teacher/instructor/coach	Sensei	Sen-say
Training hall	Dojo	Doe-joe
Stop	Yami	Yam-eye
Yes	Hai	High
No	iiie	EE-eh
Hip Throw	O Goshi	Oh goshee
Body drop	Tai otoshi	Tie-oh-toshee
Uniform	Gi	Gee
Belt	Obi	Oh-bee

## Ground Fighting Course – 26<sup>th</sup> February 2011 – Book Early

Course		Price
 <p>Sensei Carl Fisher Ground Fighting</p> <p>Minimum age 12 – open to members and non-members.</p> <p>The Stute 12 Station Road Earl Shilton Leicestershire LE9 7GA</p>		PAY before 31/01/2011
		LJJ member - £25 Non member - £30
		PAY after 31/01/2011
		LJJ member - £35 Non member - £40
		PAY on the day
		ALL - £50
<p>Saturday 26th Feb 2011 3 hour course with 1/2 hour break. 1pm to 4pm</p> <p>Carl is in the front row on the left with the white gi – this was taken at the course he ran in Wales, that Rob Phelps, Morgan Phelps, Kelly Newbold and Jacob Hayes Attended in June 2009.</p> <p>Carl is a very nice approachable guy and has been graded by the Gracies in Brazilian Ju Jitsu ground fighting. This course is open to anyone over the age of 12 interested in learning more about this area of the martial arts, Carl also works as a nightclub bouncer so has expertise in this area too, this will be great, lively and entertaining course, so book your place now!</p>		<p>E mail <a href="mailto:info@leicesterjijitsu.co.uk">info@leicesterjijitsu.co.uk</a> to book your place or ring on 07976 952565</p>

## Finally

And finally this has been our longest newsletter to date and I hope you have found the time to read it all and take in everything that we will be introducing through 2011. To finish off all that remains to be said is I hope you are as excited about the changes as we are, and Amanda and I look forward to seeing you in the New Year.

As always, if you have any queries or concerns please speak to me at training or ring me on 07976-952565.

Have a GREAT 2011!

Sensei Robert Phelps  
4<sup>th</sup> Dan, Senior Coach, NVQ level 2