



New Beginnings



It's been a really busy and testing year so far, we made the big decision to move organisations and to go with direct debit payments, our biggest fears of losing students, especially those who have been with us for the past 5 years, due to one or both of these changes were thankfully unfounded.

We're pleased we made the change and feel we can now offer you a lot more to our students. We'd like to thank everyone for their support of the changes we are undergoing and for bearing with us as we make the necessary adjustments required.

Thank you.

Training Sessions;

Earl Shilton – Wednesday	Coalville – Friday
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 are used to ensure Cadets and Seniors are NOT training together.

We currently have spaces in the junior cadet sessions on a Wednesday evening, if you'd like to train for 2 hours on a Wednesday then please talk to Sensei Robert.

Grading 27th March 2011

We hope you all enjoyed the new format of the grading and found the new marking sheets useful. This is the first grading we've done ourselves and found it just as nerve racking as those who graded. The day went well with the help of Sensei James West and Junior Leader Morgan Phelps – thanks guys.

Our new marking system should help you to understand why you achieved the mark and where improvements can be made, it could also make it more difficult to achieve high marks and those who get a pass have done extremely well. As you can see from the results below many of you had phenomenal success gaining honours, in total 16, our best results to date. Now that many of you are training for 2 hours and more a week clearly shows an advantage to the fantastic results you gained.

Juniors	Grade	Result	Club
Ciaran Harman	Red & White	Pass	Coalville
Tyler Littler	Red & White	Honours	Coalville
Ben Thomson	Red & White	Credit	Coalville
Sam Thomson	Red & White	Credit	Coalville
Lizzie Hinds	Red	Credit	Coalville
Niall Baum	Yellow & White	Credit	Coalville
Christopher Walsh	Yellow & White	Credit	Coalville
Dominic Elms	Yellow	Pass	Earl Shilton
Callum Judge	Yellow	Credit	Earl Shilton
Kaylum Hart	Orange & White	Credit	Coalville
Reno Rayvadera	Orange & White	Pass	Earl Shilton
Luke Billingham	Orange	Credit	Coalville
Giacomo Aggas	Green & White	Credit	Coalville
Joshua Carter	Green	Credit	Earl Shilton
Louis Elms	Purple	Honours	Earl Shilton
Reef Narcyzk	Purple	Honours	Earl Shilton / Coalville
Remy Rayvadera	Kata I	Pass	Earl Shilton
Joshua Horswell	Kata II	Credit	Coalville
Marcus Esposito-Edge	Kata III	Credit	Coalville

Seniors	Grade	Result	Club
Chris Forgham	Red	Honours	Earl Shilton / Coalville
Fiona Joyce	Red	Credit	Earl Shilton / Coalville
Suzanne Lane	Red	Credit	Earl Shilton
Jason Smith	Red	Honours	Earl Shilton
Nick Webb	Red	Honours	Earl Shilton / Coalville
Matt Cropp	Yellow	Honours	Earl Shilton
John Wagstaff	Yellow	Honours	Earl Shilton / Coalville
Ross Ward	Yellow	Honours	Earl Shilton / Coalville
Richard Price	Orange	Honours	Earl Shilton / Coalville
Mark Thomson	Orange	Credit	Coalville
Nathan Webb	Orange	Honours	Earl Shilton / Coalville
Kieran Stephenson	Blue & White	Honours	Earl Shilton
Marek Marzanski	Blue	Credit	Earl Shilton
Richard Price	Kata I	Honours	Earl Shilton / Coalville
Nathan Webb	Kata I	Honours	Earl Shilton / Coalville
Richard Russell	Kata I	Honours	Earl Shilton / Coalville
Tim Horswell	Kata VI	Honours	Earl Shilton / Coalville

Future Grading Dates

Sun 26th June 2011
Sun 27th November 2011

*RED THRU TO BROWN
BELT INCLUDING KATAS*

Junior Cadets –
10:30am to 12:30pm
Seniors –
1:30pm to 3:30pm

The Stute
12 Station Road
Earl Shilton
Leicestershire
LE9 7GA

Holiday Closure Dates

Over the year the club will be shut for 5 weeks, you have not been charged for these in your monthly direct debits. Your monthly fees are calculated over a 47 week year and then charged at an equal amount over 12 months. The club closures for 2011 will be;

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



We're often asked what we would advise for health and fitness for day to day use and also to improve your jujitsu, so we're always on the lookout for interesting bits of news we can share with you. Just this month I was asked to try some natural Aloe Vera products from Forever Living, the world's leading Aloe Vera Company. Like all of you, I've heard of Aloe Vera in typical TV adverts for products such as shampoo and moisturisers. But did you know the Aloe Vera plant is known as "**The Medicine Plant**" and has been used for centuries as far back as the Egyptians to cure and assist all kinds of ailments and promote health?

Doing a little further research has led me to read the book – Aloe Vera, The Medicine Plant by Dr Peter Atherton, isbn: 0-9540896-1-8. Dr Atherton was a traditional NHS GP very sceptical of the powers of Aloe Vera, who took prolonged study leave at Oxford University, subsidised by the National Health to research the properties and claims of this plant further. The book makes for very interesting reading and shows that on return to his surgery (now a private clinic), Dr Atherton readily suggests to patients that Aloe Vera will promote their health and has experienced improvements in ailments such as eczema, psoriasis, acne, burns, athletes foot, ulcers, asthma, hay fever, irritable bowel syndrome, arthritis and numerous skin conditions.

Since Easter I have been using Forever's shampoo & conditioner, toothpaste and moisturiser. After 2 days I wouldn't be parted from the shampoo & conditioner and have found it is the best solution for dandruff I have come across. As a user of Sensodyne for sensitive teeth I was reluctant to change this, but have found Forever's toothpaste is also better and am looking forward to my next dental visit (strange lady!).

Forever Living's products are different from standard brand name products as they all start off with 100% stabilised Aloe Vera and then add small amounts of other ingredients to assist in it doing a variety of jobs. Unlike those from the supermarket that add a small amount of Aloe to the product. There are no health benefits whatsoever in the leaf which lots of companies add. Forever Living use only the inner gel.

Enthusiastic to find out more about the healing properties and health benefits of Aloe Vera, I am trying the Aloe Vera health drink for 60 days on a money back guarantee trial to find out if this useful source of minerals and vitamins will;

- Improve my digestion
- Balance my immune system
- Give me a healthier looking skin
- Sooth my muscles, joints (maybe my tennis elbow won't ache so much after training, or even better not ache at all!)

This daily health drink is suitable for adults and children. We're currently looking for other students, their family and friends who would like to be healthier in 60 days. If you or someone you know are interested in a 100% money back guarantee trial then talk to me or Sensei Robert. Check out regular updates of my progress on Facebook and Twitter.

Ground Fighting Course – 26th February 2011



One of the main reasons for moving to the British Ju Jitsu Association was to boost our ground fighting activities, so in February of this year I invited a Brazilian Jiu Jitsu instructor down from Bolton to give us a ground fighting course. I had met Carl a few years earlier at a course he ran in Aberystwyth where I took along three juniors including my son Morgan. There are a lot of instructors in the martial arts who are very full of themselves and believe that because they are this dan or that dan grade that they deserve respect, I don't believe this, no-one deserves respect, they should earn it by what they say, what they do and their martial arts knowledge, so Carl fitted this bill exactly, he knows his stuff, but is also a really nice unassuming guy, not at all boastful or full of himself.

The course itself began with a warm-up provided by me as Carl and his uke Jim were a little delayed due to traffic problems once Carl arrived he wasted no time and got straight down to it. He began with some BJJ warm-up exercises designed to increase both ground mobility and flexibility, if you're caught in a tight spot on the floor you need all of the flexibility and mobility you can get your hands on, not to mention cardiovascular fitness. Carl then proceeded to take us through a number of scenarios where he taught us sweeps, where-by you can escape your attacker and place them onto their back, thus giving you the upper hand, quite literally! I videoed these sweeps and have uploaded them to our YouTube Channel at <http://www.youtube.com/user/leicesterjujitsu>

Carl uke, Jim runs a number of ground fighting competitions each year under his organisation the UMA, I had met Jim a few years ago when he taught me the rules and how to referee a match and later presented me with my referees certificate.

The course Carl gave was very enjoyable and an excellent introduction to a number of the students who had never experienced ground fighting before, we even had 3 students come down from Manchester, which is not that far from where Carl teaches, I have since heard that they have visited Carl's dojo to learn more.

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Next Course – 24th September 2011

I am really excited about the next course, Paul Bowman is a true master of the martial arts, this is a gentleman who is deserving of the title, an extremely knowledgeable and approachable man who just loves to teach, I have visited him at his dojo in Enfield near London on a number of occasions and he always teaches me something to make the long trip worth my while. Please come along as it is open to both juniors and seniors, this man will thoroughly amaze you and this is genuinely the mountain coming to you as Master Bowman travels all over Europe teaching regularly visiting France, Germany, Italy and Switzerland and you only have to travel to Ashby!



Grand Master Paul Bowman 8th Dan - Pressure Point Course All Welcome Juniors, Seniors, ANY martial arts.

Grand Master Paul Bowman has been training in the Martial Arts for 40 years.

He always thought there was something amiss. This was until he began training under Master George Dillman (9th Dan) Kyusho Jitsu in 1989. Everything began to fall into place. The secrets of the pressure points imbedded in the katas (forms) were finally revealed to him. This completely changed his way of thinking and training.

Grand Master Paul Bowman is now an official Dillman Karate International representative in the UK.

Buy your tickets NOW, from our website www.leicesterjijitsu.co.uk

4 hour course

12pm to 4pm

Hood Park Leisure Centre

North Street
Ashby-De-La-Zouch
Leicestershire
LE65 1HU

Before 30/6/2011 : ALL - £20

Before 31/8/2011 : LJJ member - £25 | Non member - £30

After 31/8/2011 : LJJ member - £35 | Non member - £40

On the Day : ALL - £50

2011 Awards

Secret voting has been taking place by your instructors and junior leaders for our much coveted trophies. A date for the presentation of these is to be arranged. The nominations are;

	Earl Shilton (Wednesday)	Coalville (Friday)
Junior Most Improved	Chase Peel, Callum Judge & Abigail Hornsey	Luke Billingham, Giacomo Aggas, Brandon Dewar, Kaylum Hart & Niall Baum
Junior Technical Best	Teile Narczyk, Louis Elms, Reef Narzyck & Abigail Hornsey	Luke Bradbury, Brandon Dewar & Teile Narczyk
Senior Most Improved	Kieran Stephenson, Ross Ward & Suzanne Lane	Nathan Webb, Tim Horswell, Lorna Wiltshire & Bradley Folkard
Senior Technical Best	Richard Russell, Tim Horswell & Paul Biscombe	Tim Horswell, Corey Langton, Richard Price & Paul Biscombe

Students Teaching

NOTE: In this article I have used the Japanese for attacker and defender;
Tori – Defender (pronounced tor-ee)
Uke – Attacker (pronounced ook-ee)

This is the issue of one student teaching another to perform a technique, the question of should you, how should you, who should you teach comes up regularly so I wanted to cover it so that you all know the situation.

One of the things I have always liked about our Ju Jitsu is that it is non-confrontational and as I always say you should leave your ego at the door, so where our art is better than many other (well most actually) martial arts is that both students gain by helping each other, which is why I encourage students to communicate, and not to be either overly compliant or overly obstinate. You have to try to be as natural as possible in your reaction to locks, strikes and throws as by training in this more realistic way you are better prepared for real world encounters. If uke (the attacker) is too compliant and just falls over as tori (the defender) moves in to do a throw, then tori never learns how to throw, and if uke is just awkward and tries to prevent the throw then tori isn't able to practise properly. The best way then is to initially allow the technique to be performed on you and gradually add in little bits of resistance to encourage tori to include the required parts, like in a hip throw ensure ukes' shoulder is pulled towards you as this assists the throw.

Well what about students teaching? There are two issues here one, insurance; students have student to student cover, which means that if you injure your partner they can gain some compensation, but as an instructor I also have professional indemnity insurance which provides a much higher level of cover for instructors.

The second issue is the technique getting changed by the student "teacher" or Chinese whispers!; when I teach a technique to a room full of students, different students will take in different parts of the technique, this plus our own technical ability, physical strength, height, etc, etc. alters the details of the technique. It takes years and the experience of teaching many different students to show an instructor how to teach different people and which parts are really important.

The solution then is this;

The sensei teaches, especially new students and new techniques

The partners assist each other in order to gain as much from their practise as possible, but if either student is struggling with a technique from remembering it at all to getting it to work, then they should return to their sensei and request further help – after all, that's what we are there for!

One other subject to cover is lower grade students working with higher grade ones and which techniques can be performed – the general rule is that any student can practise a technique up to 2 grades higher than themselves, so for example a yellow belt can work on orange and green techniques but not blue/white, however it does depend to a large part on the actual technique, if you are unsure ask your sensei for clarification.

I hope this helps to make things clearer and as always if you have any questions or concerns please speak to me.

Wednesday Junior Cadets – Kung Fu Panda 2



We currently have mat space in both sessions of our Wednesday club at Earl Shilton. To encourage more junior students we are launching our Kung Fu Panda 2 promotion.

If you know someone between 6 and 16 who would like to give Jujitsu a go then let them know about our club.

When your friend tries a FREE taster session both you and your friend will receive a Kung Fu Panda 2 Activity Poster.

If your friend then joins the club you and your friend will receive a Kung Fu Panda 2 Activity Bag. The draw string activity bag contains a bandana & stickers promoting the long awaited sequel to the original Kung Fu Panda movie.

(Subject to availability while stocks last for a limited period only!!)

Martial Arts Modules

With the change to the BJJ I am looking to introduce new disciplines to you such as; ground fighting, pressure point training, sparring and competitions. Also there are specific areas which are difficult to cover in any detail through normal training session like striking (especially close range like, Bruce Lee's inch punch), kicking, weapons and self-defence. Furthermore not everyone is interested in all of these areas and non-compliant items like sparring and ground fighting don't float everyone's boat.

The solution I have come up with is to offer you modules to go along with the more conventional syllabus training that we do, this gives you the opportunity to choose the areas in which you have specific interest. Like our current syllabus I will provide training cards for the desired modules that you will be able to work through in a training session and grade for in the normal way.

However, the big question is,
"Is this of interest to you?"

I need your feedback here as I would like to know whether this "modules" system will be of interest, let me know via email, Facebook, text or phone, as I need your opinions before taking this idea further.

New Leicester Ju Jitsu Uniforms

We are currently in the process of designing our own club gi, this will be a high quality suit with Leicester Ju Jitsu embroidery on it. The coaches will be easily identifiable as their gis will be a different colour to everyone else's. You will see these new uniforms shortly once we have finalised the design and have them manufactured.

More information about ordering your own Leicester Ju Jitsu club gi will be available in the near future.

Japanese

How are you getting on with learning some Japanese words? Following on from the last newsletter here is a new list of words to learn. Why not test your Sensei's knowledge of these words and use them during training.

English	Japanese	Pronunciation
Belt	Obi	Oh-bee
Body drop	Tai otoshi	Tie-oh-toshee
Bow	Rei	Ree
Cross Block	Soto Ude Uke	Soto Ooday Ook
Downward Block	Gedan Barai	Gee dan Bar eye
Hip Throw	O Goshi	Oh goshee
No	Iie	EE-eh
Outside forearm block	Uche Ude Uke	Oochay Ooday Ook
Stop	Yami	Yam eye
Sword	Katana	Cat arna
Teacher/instructor/coach	Sensei	Sen say
Training hall	Dojo	Doe joe
Yes	Hai	High
Uniform	Gi	Gee (g for goat)
Upward Block	Age Uke	Ag Gee Ook
Wooden sword	Bokken	Bok en

Finally

We now have twitter and Facebook accounts, so follow us for daily updates on club activities.

As always, if you have any queries or concerns please speak to myself or Sensei Amanda at training or contact us;

- Mobile 07976-952565
- Robert's email sensei@leicesterjujitsu.co.uk
- Amanda's email sensei.amanda@leicesterjujitsu.co.uk

Sensei Robert Phelps
4th Dan, Senior Coach, NVQ level 2