

FREE PRIZE DRAW

Complete the enclosed prize draw leaflet to win an Aloe Vera Goody Bag.



BJJA Ratification – 26th June 2011



Not only were students grading on Sunday 26th June 2011, but the club itself was being assessed by the British Ju Jitsu Association. Sensei

James Pape – 9th Dan, travelled down from Wigan to spend a day with us and give us his opinion on how we performed as a club.

One of the hottest days of the year and working indoors was a challenge, but our students shone through brightly. Sensei Pape was very impressed with the standards you have attained and his testimonial reads;

"Thank you for a really nice day at your Dojo, you should be proud of your students they have achieved an excellent standard of Ju-Jitsu."

We have now received successful ratification from the BJJA and all future grading's will be fully approved by them.

Many thanks to Sensei Paul Biscombe and Morgan Phelps for helping out on the day.

Sensei James West – 2nd Dan



Congratulations go to James West who graded for his 2nd Dan at the Warrior Club in Nottingham.

James has worked hard to gain his 2nd Dan, training and gaining experience through teaching students and being an able assistant in both class and during courses to Sensei Robert Phelps.

We look forward to him working towards his 3rd Dan which will take another 3 years of hard work and dedication, and it's worth it.



Grading Results 26th June 2011

Juniors	Grade	Result
Jodie Beniston	Red	Pass
William Clarke	Red	Credit
Emily Clement	Red	Honours
Branden Lee	Red	Honours
Kia Lee	Red	Honours
James Simpson	Red	Credit
Kristian Simpson	Red	Credit
Niall Baum	Yellow	Credit
Isobel Miller	Yellow	Credit
Chris Walsh	Yellow	Credit
Remy Rayvadera	Orange & White	Pass
Chase Peel	Orange	Credit
Alex Bradbury	Orange	Pass
Kaylum Hart	Orange	Credit
Callum Judge	Orange	Credit
Reno Rayvadera	Orange	Pass
Jasmin Thomson	Orange	Pass
Joe Thomson	Orange	Pass
Abigail Hornsey	Blue & White	Credit
Frank Goodyear	Blue	Credit
Luke Bradbury	Brown & White	Credit
Brandon Dewar	Brown & White	Credit
Seniors	Grade	Result
Bipin Patel	Red	Honours
Chris Forgham	Yellow	Honours
Fiona Joyce	Yellow	Credit
Suzanne Lane	Yellow	Credit
Nick Webb	Yellow	Honours
Matt Cropp	Orange	Credit
Bradley Folkard	Orange	Pass
John Wagstaff	Orange	Credit
Ross Ward	Orange	Credit
Mark Thomson	Green	Credit
Nathan Webb	Green	Credit
Matt Cropp	Kata 1	Honours
John Wagstaff	Kata 1	Honours
Ross Ward	Kata 1	Credit

Next Grading:

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)

Well done to everyone who graded in June, passing your grade is a great achievement at all levels. We hope you find your grading sheets of use and are happy to discuss them in training sessions with you.

It was a hot day and you got some great results. Special mention goes to Emily Clement, Branden Lee, Kia Lee, Bipin Patel, Chris Forgham, Nick Webb, Matt Cropp & John Wagstaff for getting honours, not an easy mark to get, keep up the good work.

Grading system - Pass – 40% to 59% | Credit – 60% to 84% | Honours – 85% to 100%

Health and Fitness by Sensei Amanda Phelps

ALOE Drink Trial – A quick update on the trial I've been taking part in. This has now finished and I have experienced really great results. The main question I asked at the start was **"I already eat a healthy diet and am confident my fitness levels are great, why do I need the drink?"** Well now I know, my energy levels have soared, my athletes foot has cleared up and my skin looks younger, but best of all I don't get headaches anymore and I can't remember the last time I bought paracetamol (my old cure for all ailments). I've been very impressed with the way I feel and the comments received from onlookers, so much so that everyone in our house is now drinking the aloe gel.



Aloe Lips – big enough to make a difference, small enough to carry everywhere.

1. Nurture those dry cuticles
 2. Soothes burns & sunburn
 3. Jogger's nipple – ouch!
 4. Love lips – balms, glosses & cold sore relief
5. Give relief to sore noses from colds & hay fever
 6. Stop the stinging & bleeding of shaving cuts
 7. Reduce irritation of prickly heat & rashes
 8. First aid stick – apply to cuts, grazes, insect bites & stings
 9. Apply to hairline/eyebrows before dyeing or using sunless tanning lotion
 10. Eczema relief on small areas especially sensitive skin under the eyes

Aloe Heat Lotion – great for sports men and women.

Luxury massage lotion providing blissful relief from aches and pains, especially after a workout.

Excellent warming lotion ideal for maintaining healthy joints and muscles.

Ideal for painful joints, sprains and sporting injuries.

Can be helpful for headaches when applied to the temples.



Forever Living Aloe Vera Products are now available from Leicester Jujitsu, a quality product that is not available in the shops.

www.leicesterjujitsu.myforever.biz

Next Course – 24th September 2011

12pm to 4pm

Grand Master Paul Bowman 9th Dan - Pressure Point Course
All Welcome Juniors, Seniors, ANY martial arts.

Hood Park Leisure Centre

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

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

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

Attending courses is a fantastic way to gain a wider experience of martial arts that can enhance your current Jujitsu knowledge. REMEMBER as you work towards your black belt, you need to have attended a minimum of 4 courses. This one will be a great one to add to your portfolio.

2011 Awards Results

On the 13th & 15th July 2011 at the clubs we announced the winners of this year's awards. Congratulations to our worthy winners, you have worked hard this year to achieve these recognitions.

	Earl Shilton (Wednesday)	Coalville (Friday)
Junior Most Improved	Abigail Hornsey	Luke Billingham
Junior Technical Best	Teile Narcyzk	Brandon Dewar
Senior Most Improved	Ross Ward	Nathan Webb
Senior Technical Best	Sensei Paul Biscombe	Tim Horswell

Inspirational Quote

"We are what we repeatedly do.
Excellence, therefore,
is not an act but a habit."
Aristotle



***Pictures from the
Earl Shilton Junior
Cadet Club.***

Finally we hope you have all had a great summer.

It's been a great year so far and we're looking forward to training with Paul Bowman in September and hope that as many of you, your family and friends join us.

Sensei Robert Phelps

4th Dan, Senior Coach, NVQ level 2

Nothing great was ever achieved without enthusiasm.

www.leicesterjujitsu.co.uk | www.leicesterjujitsu.myforever.biz

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Open to friends and family, simply copy leaflet and return to us. Closing date 5th October 2011.

