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DETOX With Forever Living CLEAN 9 Programme.  
Cleanse your digestive system, boost your immune system and lose weight.



# Healthy New Year!

We had a brilliant but challenging 2011 for which we thank you for your support.

Last January we changed from the WJF to the BJJ which gave the club a lot more autonomy providing us with the ability to explore jujitsu outside the standard syllabus. By doing this we hope to provide our students with a more rounded knowledge of martial arts and put them in touch with some very knowledgeable and experienced Sensei's.

We had the great pleasure of welcoming Sensei Carl Fisher an exponent of Brazilian Jujitsu. He provided us with a very exhausting day in February, in the art of ground fighting.

In September we were honoured to host Grand Master Paul Bowman for a course held at Ashby Leisure Centre. Sensei Bowman is an exponent of Pressure Points and had some awesome techniques to impart to us. I think we can all say we were stunned at the way he was able to knock out his uke's with a single strike to the right pressure point!!

We completed our first 3 gradings with great results and with the full ratification of the BJJ thanks to Sensei James Pope who spent a day with us in June. From comments from Sensei Pape and from those voiced by our students we have learned some valuable insights that we will carry forward.

# Congratulations Tim Marson

Well done Tim on getting your black belt in December. Tim has been working hard towards his black belt and after 5 years of training he reached 1<sup>st</sup> Dan status at Warrior Martial Arts in Nottingham under the examiner Sensei Steve Ainscough 6<sup>th</sup> Dan.

Tim has been a diligent student with Leicester Jujitsu since 2006 and took his very first belt (red) on the 21/09/06 getting a credit (*I wonder if he can remember that first grading?*). Since then Tim's grading results have been consistent always being of credit or honours level. He has been enthusiastic at training and very coachable which has meant that he has reached a very high standard of black belt that he should be very proud of. We are, and it has been a pleasure to coach Tim to this level.

We're sure Tim will now have some pearls of wisdom of how he made it and would be only too willing to share them with you, so why not shake his hand and ask what his keys to success are.

We can't wait to see what he does next with the knowledge and skill he has gained. The natural progression is weapons and 2<sup>nd</sup> Dan but we hope to see him take a look at teaching and put into the art his take on the techniques involved in Jujitsu.

## Grading Results 27<sup>th</sup> November 2011

Juniors	Grade	Result
Emma Williams	Red	Honours
Hollie Harvey-Rowley	Red	Credit
James Walsh	Red	Credit
Samuel Ursell	Red	Credit
Ciaran Harman	Red	Pass
William Clarke	Yellow & White	Pass
Emily Clement	Yellow & White	Credit
James Simpson	Yellow	Credit
Kristian Simpson	Yellow	Credit
Lizzie Hinds	Yellow	Credit
Branden Lee	Yellow	Credit
Kia Lee	Yellow	Credit
Christopher Walsh	Orange & White	Credit
Isobel Miller	Orange & White	Credit
Niall Baum	Orange & White	Credit
Remy Rayvadera	Orange	Credit
Dominic Elms	Orange	Credit
Reno Rayvadera	Green & White	Credit
Callum Judge	Green	Credit
Luke Billingham	Green	Honours
Abigail Hornsey	Blue	Pass
Louis Elms	Brown & White	Credit
Reef Narczyk	Brown & White	Credit
Marcus Esposito-Edge	Brown & White	Credit
Josh Horswell	Brown	Credit
Reef Narczyk	Kata 3	Credit
Seniors	Grade	Result
Yvonne Horswell	Red	Credit
Tom Hinds	Red	Honours
Emma Satterford	Red	Credit
Chris Forgham	Orange	Honours
Fiona Joyce	Orange	Credit
Nick Webb	Orange	Honours
Suzanne Lane	Orange	Credit
Bradley Folkard	Green	Credit
John Wagstaff	Green	Credit
Matt Cropp	Green	Honours
Ross Ward	Green	Honours
Nathan Webb	Blue & White	Honours
Marek Marzanski	Purple	Credit
Teile Narczyk	Gold star	Honours
Bradley Folkard	Kata 1	Credit
Chris Forgham	Kata 1	Honours
Fiona Joyce	Kata 1	Credit
Nick Webb	Kata 1	Honours
Suzanne Lane	Kata 1	Credit
Nathan Webb	Kata 2	Credit

### Gradings 2012:

Sun 4<sup>th</sup> March  
 Sun 3<sup>rd</sup> June  
 Sun 30<sup>th</sup> Sept  
 Sun 16<sup>th</sup> Dec

*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

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

### Holiday Closure Dates

During 2012 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 2<sup>nd</sup> April to 8<sup>th</sup> April (1 week)
- Weeks of 23<sup>rd</sup> July to 5<sup>th</sup> August (2 weeks)
- Weeks of 17<sup>th</sup> December to 30<sup>th</sup> December (2 weeks)

Well done to everyone who graded in November, the last one for the year. We will be carrying out 4 gradings during 2012 so make a note of the dates in your diary and focus on your next belt. Set your goal to grade 4 times this year.

Special mention to our Honours students who all earned a FREE club badge for doing so well; Emma Williams, Luke Billingham, Tom Hinds, Chris Forgham (x2), Nick Webb (x2), Matt Cropp, Ross Ward, Nathan Webb and also Teile Narczyk who as a junior black belt is working through the senior syllabus 3 belts at a time to get the clubs FIRST junior GOLD STAR award.

## Health and Fitness

**Detox** – So what's your New Year Resolution? Have you made one? Many of you will be planning to get fit, lose weight, reduce the alcohol intake or indulge less in Chinese takeaways. Have you ever thought about detoxing? Detoxing can help all of those New Year Resolutions just mentioned.



Why Detox? Our bodies naturally detoxify everyday it is one of the body's most basic automatic functions of eliminating and neutralizing toxins through the colon, liver, kidneys, lungs, lymph and skin. Unfortunately, with the pollution found in the air, water and food we eat, our bodies have a hard time detoxifying successfully. Today's modern diets contain too many chemicals, too much animal protein, too much saturated fat, too much caffeine and alcohol.

Our body systems and organs are now completely over-loaded to the point where toxic material remains inside our tissues. Our bodies try to protect us from dangerous substances by setting it aside, surrounding it with mucous and fat so that it will not cause an imbalance or trigger an immune response (some people carry up to 15 extra pounds of mucous that harbours this waste!)

Detoxification through special cleansing diets is the best way to assist your body's natural self-cleaning system. It is especially important for immune-compromised diseases like cancer, arthritis, diabetes and chronic fatigue. However, even if your diet is good, a spring cleanse can revitalize your system and rid your body of harmful bacteria, viruses and parasites. Take a look at our CLEAN 9 detox programme designed to set your body up for a Healthy New Year [www.leicesterjijitsu.myforever.biz/nutrilean/step-2/clean-9.html](http://www.leicesterjijitsu.myforever.biz/nutrilean/step-2/clean-9.html) Want to know how to get a cleaner, leaner healthier you in 9 days, then please ask Robert or Amanda for more information and assistance throughout the 9 day programme.

## Complete Money-Back Guarantee

We are so confident that you will love our products, that we offer a complete money-back guarantee. If you are not completely satisfied with any item, simply return the receipt to us together with the unused part of the product or empty containers, within 60 days of the date of purchase and we will refund the price paid.

### Inspirational Quote

“The times they are a-changing.”

**Bob Dylan**

“And the future belongs to those who can change with the times and use personal disappointments as building blocks for the future, don't be afraid to make mistakes.”

**Robert T. Kiyosaki**

## An Opportunity for ordinary people to achieve extraordinary results.

We are recruiting motivated individuals and couples who would like to earn what they are truly worth. We provide a professional and easy way to build your own business on a part-time basis working alongside existing commitments or you may decide to build a full-time role as your income increases. As an Independent Distributor, income is earned through the retailing of a market leading range of Aloe Vera and beehive based health and nutrition products, and through building a team of like-minded people.

We have built a team of 7 enthusiastic people and are looking for 5 more. Would you like to know more about our team and the potential you have within to work on your own personal fortune on a part time basis? Check out [www.leicesterjujitsu.myforever.biz/opportunity](http://www.leicesterjujitsu.myforever.biz/opportunity) or talk to Amanda or Robert Phelps.

**FREE Prize Draw Winner from Newsletter 21 was – Tracey Narczyk. Congratulations we hope you enjoyed your Forever Goody bag. Enter this Newsletters prize draw for a chance to win a Forever £5 Gift Voucher.**

Robert & Amanda Phelps  
Nothing great was ever achieved without enthusiasm.  
[www.leicesterjujitsu.co.uk](http://www.leicesterjujitsu.co.uk) | [www.leicesterjujitsu.myforever.biz](http://www.leicesterjujitsu.myforever.biz)

**onesixeight: fitness**

*Do you want to increase your fitness levels this New Year?*

*Rebounding (mini-trampoline cardiovascular exercise) is 68% more effective than jogging for increasing fitness and building stamina according to NASA*

*Rebounding works every muscle in the body burns hundreds of calories and is great fun!*

*Rebounding is suitable for ages 8-80 years old - males and females of all fitness levels and abilities*

*Contact Becky on 07499338825 or [info@onesixeightfitness.com](mailto:info@onesixeightfitness.com) today to arrange a free group taster session*



Thank you to everyone who supported us in the start-up of Forever Savvy. This is a new social enterprise launched September 2011 to provide meaningful jobs for adults with severe learning disabilities. See our video diaries charting our progress at YouTube [www.youtube.com/watch?v=F9XhQmhX\\_1k&lr=1](http://www.youtube.com/watch?v=F9XhQmhX_1k&lr=1)

Don't forget ALL retail profit from Forever Living Aloe Vera products purchased from Leicester Jujitsu is donated to Forever Savvy.