

Welcome to our October 2012 Newsletter

I still love martial arts, after 15 years of ju jitsu plus 2-3 years prior to that dabbling in Karate and then Kung Fu I'm so pleased to say that my passion for martial arts has not diminished. I am writing this just after completing the second Leicestershire course with Grand Master Paul Bowman pressure point knockout expert and receiving my first ever knockout from one of his top students Graham Dyball. Wow it was just amazing, and although I had specifically requested to be knocked out I didn't expect it just then! I didn't go completely unconscious but my senses were dulled, I felt dizzy, my vision went and then came back within a few seconds and I could hear all the time. After the "resuscitation" as it's called, where your ki energy is restored I was pretty close to 100% recovered. Anyone who is sceptical about these techniques and their usefulness should experience it first-hand! – *Sensei Rob Phelps*

Sensei James West



On 18th August 2012 James West had a major motorbike accident which put him in hospital.

The main concern now is spinal damage which currently means he has no movement below the waist. I ride a motorbike myself so I am only too aware of the inherent dangers and in a collision situation, no matter who is "at fault" the motorcyclist will come off worst.

I felt that this would be a good opportunity to go back over James' martial arts career and look at how he got to this level in Ju Jitsu. James has had a long career in Ju Jitsu, he started when he was just 9

years old with Sensei Ian Dallas at Heathfield High School in Earl Shilton, and wow what staying power! My first recollection of James was him at the back of the room week in week out practising weapons katas, I never saw him executing a technique or performing a throw for years.

When I took over the Battling Brook School club in 2004, and I had the pleasure of teaching James, and found him to be a very unassuming a bloke who was a pleasure to teach. Battling Brook moved to Dorothy Goodman School and then on to The Stute in Earl Shilton. By this time James was an essential part of the senior coaching team, he often did the

senior warm-up, bodied for me when demonstrating techniques (and yes it is an honour to be chosen as sensei's uke!) and assisted students on learning and improving their techniques. Since then he has come on in leaps and bounds, achieving his 2nd Dan in July 2011 and his Level I BJJ coaching award in June 2012. I have always encouraged James to advance his coaching skills and to do coaching courses and so he has developed himself, his skills and his level of confidence.

The best I saw him perform was the Wednesday before the accident; I was inducting 3 new starters and he ran the rest of the class. Believe me when I say it takes a lot on confidence to stand in the middle of the dojo and demonstrate techniques you probably just made up, but that's exactly what he did that night and continued the session by moving everyone on to their grading syllabus techniques and helping you all to improve.

I think you will agree the Wednesday club hasn't been quite the same without James and we have all had some adjustments to make. Isn't it amazing how you don't realize how much contribution an individual makes until they aren't there?

James is on the road to recovery but it will be a long journey, he has many battles ahead both physical and mental, but he is strong, young, thick skinned and strong willed and I'm convinced that given time he will make a full recovery, **Good Luck** James, you're a good friend and excellent coach and we are all looking forward to your return to the dojo! *Sensei Rob Phelps*

Grading Results 30th September 2012

Juniors	Grade	Result
Tavian Edwards	Red & white	Credit
Lewis Edwards	Red	Credit
Ethan Adlam	Red	Credit
Freddie Clarke	Red	Credit
Thomas Jex	Yellow & white	Pass
Isobel Jex	Yellow	Credit
James Walsh	Yellow	Pass
Emily Clement	Orange & white	Credit
Hollie Harvey-Rowley	Orange & white	Credit
William Clarke	Orange & white	Pass
Christopher Walsh	Green & white	Pass
Remy Rayvadera	Green	Credit
Reno Rayvadera	Blue & white	Pass
Callum Judge	Blue	Credit
Abigail Hornsey	Purple	Credit
Emma Williams	Kata 1	Credit
Niall Baum	Kata 1	Credit
Callum Judge	Kata 2	Pass
Seniors	Grade	Result
Alex Chapman	Red	Credit
Stephen Adlam	Red	Credit
Calum Mackenzie	Yellow	Credit
Doug Wilson	Yellow	Credit
Paul Jex	Orange	Credit
Rory Holdon	Orange	Honours
Ash Ellis	Green	Honours
Nick Webb	Blue	Honours
Matthew Cropp	Purple	Credit
Nathan Webb	Purple	Credit
Paul Jex	Kata 1	Credit
Rory Holden	Kata 1	Honours
Luke Billingham	Kata 2	Credit
Paul Biscombe	Kata 6	Credit

Gradings 2012:

Sun 4th March
 Sun 17th June
 Sun 30th Sept
 Sun 9th 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%

Inspirational Quote

“It’s not how good you are, it’s how good you want to be.” Paul Arden

Don't Hate Kata!

Most people seem to think of kata a bit like Marmite, you either love it or hate it and most are in the second camp. I too used to reside there, but over the years and many hours of practise I can now happily say that I am firmly in the "love camp".

Perhaps if we all knew what the point of kata was it would make a difference? My original belief was that it was a superb way to isolate traditional techniques like blocks and punches in order to get them perfect; efficient, solid and quick. This, I still believe to be true, but applies more to the first 4 kata gradings than later ones, as many of the later ones are two person and weapons katas which require different disciplines.

Then there's something called "kata bunkai", this is the interpretation of the kata movements, without some understanding of what the movement is meant to signify the kata becomes a dance, it's the pauses between the movements that give it meaning.

Bunkai and practising some moves with an attacker brings the kata to life and helps us better visualise what we are actually doing – if you are struggling to visualise a kata move ask a sensei.

Grand Master Paul Bowman who does Kyushu Jitsu or pressure point fighting informs me that kata were devised by the masters of old as a way to remember combative techniques, to be able to practise them alone and to create neural pathways or "muscle memory" in us, so that if we ever have to respond to an attack for real our subconscious will kick in and deal with the threat.

Don't forget, the three stages to learning kata; learn the movements, gain visualisation or the bunkai and then technique – though technique can be achieved prior to visualisation, all are essential to perform the kata well.

The solution then to get you from hate to love of kata is quite simple, and to make it even easier I have broken it down into three stages;

1. Practise
2. Practise
3. Practise

One final point, there is a well-known phrase "practise makes perfect", but actually this is inaccurate, the correct phrase is "perfect practise makes perfect", this means that you need to learn the moves, get them checked and if required corrected by a sensei, then practise some more, then get it checked, then practise.... and over time your kata will become perfect too.

Ground Fighting & Sparring

We will be introducing ground fighting and sparring techniques to the club sessions during October. These will be done on alternative weeks towards the end of a session. Currently they will be as follow;

Week beginning	Activity
8 th October	Ground fighting
15 th October	Sparring
22 nd October	Ground fighting
29 th October	Sparring
5 th November	Ground fighting
12 th November	Sparring

As we get closer to the next grading on 9th December these sessions will stop, so you can concentrate on syllabus techniques.

Health and Fitness

What happens when you diet?



If you feel the need to lose some weight (and I'm not suggesting for one moment that you do), there are a few things you should be aware of; when you start to diet a few things happen. To begin with most people diet by reducing the number of calories they take in and this often means a calorie count lower than your body's minimum requirements (see BMR). This tells your body that there is a famine occurring and your body reacts by shutting down, this means it sheds water and muscle mass retaining fat cells as this is food to your body in lean times. All of this is the exact opposite of what most people wish to achieve, because rather producing a toned body, it produces a slack one. But the perception is that you have lost weight, because

your scales tell you so and as muscle weighs more than fat this is the impression you get. So the question is how do you diet and ensure this shut down does not occur?

The first answer is in your Basal Metabolic Rate, this is a calculation of the minimum calories your body requires whilst at rest. I.E. minimum number of calories you must consume on a daily basis, this gives you your starting point for any reduction in calorie intake. Calculate your own BMR at <http://www.foreversavvy.myforever.biz/nutrilean/calculators/bmr-and-amr.html#BMR>

However there is one other aspect you should be aware of, your fat cells will be surrounded by toxins. These toxins will have built up over a number of years and the effect they have is to protect your fat cells from the dieting process. Furthermore you must ensure that your water intake increases and the foods you consume as part of your diet are high in all of the vitamins and minerals that your body requires.

Don't forget your metabolic rate; the higher your MBR the more fat is burned. If your body goes into famine mode then your MBR reduces. To combat this MBR reduction you need to increase your exercise.

Body Mass Index (BMI) this is a rating of your body mass giving you an indication whether your weight is correct for your height. This is worth checking before any diet as you may not need to. Calculate your own BMI at <http://www.foreversavvy.myforever.biz/nutrilean/calculators/bmi.html>

I promote FLP range not because I distribute but because they are the best I have found for the job they do. So the first product I recommend is the Clean 9 detox programme, a relatively simple way for you to begin your healthy living regime. In just 9 days you can begin by detoxing your body, regardless of whether you wish to lose weight this will remove the toxins from around your fat cells whilst giving your body concentrated vitamins and nutrients. Part of the package is a milk shake which can be used as a meal replacement. This milk shake is called Lite Ultra and contains a high level of proteins designed to be drunk within 30 minutes of exercise to help your muscles repair and grow. Also available separately is the Forever Ultra which contains more carbohydrates intended to be taken 1 hour post exercise to give you more energy to perform at your best; it can be taken as a meal replacement or as a meal addition if weight gain is your goal.

Exercise plays an integral part in maintaining overall health and fitness for both your body and your mind. While your scale weight can be manipulated through diet alone, for ideal results you want to achieve a healthy balance between muscle and fat, which can only be attained through regular exercise.

What many people do not understand, however, is the importance of mixing cardio or aerobic exercise with weight lifting. Aerobic means 'with oxygen'. So, when you exercise aerobically, there is an adequate supply of oxygen available to create the energy needed for your muscles to function. Aerobic exercise involves large

muscle groups, this exercise can include Jujitsu, walking, running, cycling, swimming, rowing and cross-country skiing. Exercising at 60-85% of your maximum heart rate will keep you fit and healthy.

To approximate your maximum heart rate use the following formula:

(Approximate) $\text{MAX HR} = 220 - \text{your age}$

Example: If you are 40 years old, max HR is $220 - 40 = 180$ BPM (beats per minute). When exercising at 60-85%, you would aim to keep your heart rate between 108-153 BPM.

For a step by step plan of how to manage your weight healthily and safely check out

www.foreversavvy.myforever.biz/nutrilean

Grading images 30/9/2012



Forever Savvy continues to grow, many thanks to each and every one of you who continues to purchase Forever Living Products. See our video diaries charting our progress at YouTube www.foreversavvy.co.uk/theproject

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

Finger nails & toe nails

As a sign of respect to those you train with, please keep your finger nails and toe nails short.

Robert & Amanda Phelps

Perfect practise prevents poor performance.