

Welcome Back!!

Happy New Year – I hope you're all ready for a productive year of training, grading and fighting. I have completed my NVQ Level 5 so am now back to full administrative strength – thanks to all those who have helped me to achieve this.

January is bring a friend month – All children who bring a friend (who is not already a student) to training during January will receive 3 gold slips per friend per lesson!! All adults who bring a friend will receive a raffle ticket into a draw for a great prize – one ticket per friend per class. The first lesson your friend attends is free and they will get their first grading free if they stay.

GRADING DATES:

- March 19th 6.30-8.30 at Naas Lane Community Centre, Lydney
- March 21st 12-4 at the Lyppards Centre, Warndon villages, Worcester
- Nov 12th 6.30-8.30 at Naas Lane Community Centre, Lydney
- Nov 14th 12-4 at the Lyppards Centre, Warndon villages, Worcester
- Summer grading dates/course TBC – Weston 12th July ?

Black and Brown Belts need to train a minimum of twice a week!! It's impossible to get to or maintain grading standards without this.

Please note that we now have 6 months' probation for Black belts to make sure that our standards of training and etiquette are maintained. We are setting standards so initially this will apply to all Dan grades to level out standards. It's your club!! How good do you want us all to be?!

White Lotus 15 year Anniversary Celebration – Feb 21st – Details TBC

Tournaments – the tournaments so far:

- WB 2nd Feb – in class mini tournaments – details to follow
- Feb 22nd – points and light continuous
- March/April – Surrey tournament
- April 12th – points and light continuous
- June 21st – points and light continuous
- Oct 4th – points and light continuous
- Nov – Surrey tournament
- Dec – White Lotus end of year tournament/awards

Kit orders – Please can you make sure that you try to acquire as a minimum spot pads and Boxing gloves – please ask your instructor for the most appropriate for your needs. **ALL KIT ORDERS WILL NEED TO BE PAID FOR BEFORE ANY ORDERS ARE PROCESSED AND ALL KIT ORDERS MUST BE PLACED WITH AN ORDER FORM.** Please ask your instructor for an order form.

Lesson payments – Can you please make sure all students pay/register their names before the class for Health and Safety reasons. Don't forget that all those on standing orders also need to sign the attendance list. If you would like to set up a standing order please speak to your instructor. Grading's are included for regular standing order payments.

Please text 07790 025743 and say who you are for quick lesson/event updates

Happy training, Michelle