



### **Classes/Gradings**

The next Gup grading will be held on Thursday 8<sup>th</sup> March – participating students have all be invited

There will be no classes on Thursday 8<sup>th</sup> March due to the grading

The next Little Ninja grading will be held on Thursday 22<sup>nd</sup> March from 6:30 to 7:30pm

There will be no Junior class on the 22<sup>nd</sup> March

### **Seminars**

Date: April 21st (11am to 4pm)

Location: Assembly Halls, Wick

Guest Instructors:

Soke Gunter Bauer 10th Dan Grand Master Hapkido/CQC (Stockport)

Soke Mark Kemp, 10th Dan, Kempo Karate, Kempo Ju-Jitsu, Master of Gung Fu (Manchester)

### **Tournaments**

#### **Dutch Open Championships**

BKMAS has had an invite to the Dutch Open Championships 2012. This year's event is being held on April the 14th in the city of Hendirk Ido Ambacht (close to Rotterdam)

There will be 4 categories; sparring, forms, weapons and breaking.

Entry fees are; 1 event €10, 2 events €17, 3 events €22 and all events €25

The tournament will be a great opportunity to meet interesting people and make new friends. If you have plans to visit or compete in our event please let me know.

#### **Creative Forms Tournament**

We are hoping to host a "Creative Forms" Competition in early June (2<sup>nd</sup>) to be held in the memory of SBN Jenny.

I will be inviting all of our NBA friends as well as some other clubs from around the area.

What is a Creative Form? – In short it is a form you have created; it must not be from any syllabus of any other style/club. It must last between 30 and 60 seconds and have practical self-defence techniques included within it.

More information about this will be given out shortly.....but get your thinking caps on and get creative!!

### **Reminders**

Class etiquette:

Arrive at class 15 minutes before it is due to start to stretch off

Do not touch any equipment in the dojang (training hall) that is not yours or the clubs

Loud and rowdy behaviour is not permitted

When entering and leaving the dojang a student must bow at the door

Bow to all Black Belts

If late the student shall ask the instructor for permission to join in the class

Line Work:

When practicing techniques in the line:

If you do not understand your instruction ask the instructor

Remain in the last technique you made unless told otherwise

Do not fidget or look around at other people

Do not talk

If you lose your place, catch up as quickly as possible