



April Newsletter

Classes/Gradings

Classes will run as normal through the Easter holidays

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)

See the club website for more information

Tournaments

Creative Forms Tournament

We are hoping to host a "Creative Forms" Competition in early June (2nd) 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.

Get your thinking caps on and get creative!!

Rules can be found on the club website

Deadline for entry forms is 1st May

Reminders

- Arrive at class 15 minutes before it is due to start, to stretch off and prepare for class
- Do not touch any equipment in the dojang (training hall) that is not yours or the clubs
- 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
- Give all your effort all of the time
- Listen to instruction, if you don't understand, raise your hand
- Practice at home

Club Website

On the club website you can find a lot of information about the Martial Art you are studying as well as:

- News
- Events
- Dedicated, secure student area
- General rules
- Terminology
- Breakdowns of forms (including videos)

And a whole bunch more of useful/interesting information

The website address is www.bkmas.co.uk.