



BKMAS NEWSLETTER – February 2014

Seminar with Chloe Bruce.

29th March 2014

Times to be confirmed

Alness Academy Sports Hall

Cost: £20.00 per person

(BKMAS members will be subsidised for this seminar.)

Chloe Bruce is a 4th degree black belt in Tang Soo Do and has won hundreds of martial arts championships across UK and Europe. She currently holds the Guinness World Record for the most amount of kicks in 1 minute. She is best known for her Scorpion kick and her high, fast, precise kick combinations. You can find Chloe performing on stages, commercials and movies throughout the world. She enjoys teaching others and giving back to martial arts athletes. She is an inspiration.



Achievements

WKA World Champion, WKA British Champion, WAKO British Champion, French Open Champion, Irish Open Champion, US Open Champion, Charlie Lee Grand Champion and more

Movies

Thor 2 – The Dark World, World War Z, Clash of the Titans 2, Pirates of the Caribbean 4, Harry Potter, Double Zero, The Purifiers and more!

See more at <http://www.chloebruce.co.uk/>

Shim Sa

Dates for 2014 gradings are listed below:

6th March 2014

5th June 2014

4th September 2014

4th December 2014

As always, students will be invited to grade based on their **attitude, technical ability, effort** and **behaviour** during class time.

The gradings will last for 2 hours, from 6:30pm to 8:30pm for the Juniors & Seniors, Little Ninjas will be grading during the first hour.

Private Classes

If anyone wants extra training (out with class time) let me know and we can arrange some private training. Equally, if anyone wants to learn anything out with the curriculum let me know and we can get something together for you.

Words of Wisdom

“There are many Black Belts, few instructors.” - Unknown

“The belt only covers 2 inches of your butt, the rest you have to back up on your own.” - Royce Gracie

“The harder you work, the harder it is to surrender.” - Vince Lombardi

“A fight is not won by one punch or kick. Either learn to endure or hire a bodyguard.” - Bruce Lee

“Champions are made from something.
They have deep inside them, a desire, a dream, a vision,
They have to have last minute stamina; have to be a little bit faster,
They have to have the skill and the will.
But the will must be stronger than the skill.” - Mohammed Ali

Tang Soo!