



WELCOME NEW MEMBERS

Jules, Andy, Hannah, Max, Amelia and Charlie

GRADINGS

Congratulations to the following students who gained promotions recently:

Molly Richards	- White
Cheryl Hunt	- White
Rhiannon Hunt	- White
Molly Rogers	- Green
Demi-Leigh Hughes	- Green

NEW TOTAL BODY DEFENCE CLUB OPENS

Rob Pascoe has successfully opened his 2nd TBD Club. The club details are as follows: Matt Hall will co-run the club with Rob

Venue **PLAYFEST HOUSE** (formerly The Arena), Abertillery
 Day Tuesdays
 Times 6:30-7:30pm – Jnrs 7:30-9:00pm - Snrs

NEW LOOK WEBSITE

Watch out for a new look website coming soon!!

Risca student Simon Mackay is an IT specialist and has very kindly offered to re-vamp our site, with easier to navigate pages and special features etc. One of the benefits will be that Instructors will have their own pages within the website that they will easily be able to maintain, uploading events, videos etc from any PC!!

Note: Simon is also available for all IT work and will give TBD students a special discounted rate. Please contact him via myself at info@totalbodydefence.com

ANNUAL COURSE

The annual course is booked for

SAT 31st October 2009
Risca Leisure Centre
2:00-6:00pm

As normal several of our senior instructors will be running the session. Some black belt gradings will also be taking place.

Course is FREE to members, £15 non members – All welcome

DVD 2

Work is currently ongoing for the follow up DVD. Check website for details.

AUGUST TRAINING AT RISCA

As I am on holiday for 2 weeks in August, I have decided to have a months break this year from my weekly Risca class. Therefore there will be no junior class throughout all of August at Risca only.

Note: Several senior's students are preparing for gradings and are keen to continue their training during this time, therefore they have booked the gym and training will take place as normal i.e from 8:00-9:30pm, but I will not be present to provide tuition.

SENI2010

We will shortly be starting preparations for Seni 2010, Europe's largest Martial Arts exhibition in London, which will run 29th and 30th May 2010. Mark Broom will run a saving club for those who wish to come along, either to participate or just to support. A great weekend in London is assured!

TOTAL GRANTS FITNESS

Carl Grant has officially opened his new fitness studio in Newport and is running various fitness classes at the studio, including personal tuition. You can contact Carl direct on 07917156941
 Fitness Class Mon 6.30 -7.30pm, Thurs 8 -9pm
 Boxing / TBD fitness Sun – 10 -11.30am

CHRISTMAS PARTY

I know it's early to mention this, but time flies! The Annual Christmas party has been booked as follows:

Date: SATURDAY 12th December 2009
 Venue: Risca leisure, Pontymason Lane
 Time: 6:00-7:30pm (Kids Disco)
 7:30-Late (Adults disco)

My thanks in advance to Gary Cook who is providing the disco.

There will be a small fee towards food and a raffle will be held to help raise funds for the Seni2010 Martial Arts show in London. Please book this date in your diaries.

EXTREME SUPPLEMENTS

TBD offer discount on Mountainfuel™ products, as follows:
 Morning fuel – Breakfast Meal £1.65
 Xtreme Energy drinks £1.40
 Ultimate Recovery fuel £1.55
 Ultimate Night fuel £1.55

NEW PRODUCT STAY ALERT

Promotional offer ONLY £9.99 (60 Tabs)



Visit www.mountainfuel.com for all details

MERCHANDISE

I have limited stocks of T-shirts and hoodies, but will soon be seeking an alternative supplier and new designs.

SEMINARS

SEE ATTACHED CALANDAR OF EVENTS FOR 2009 TO DATE

Let me know your e-mail address so I can send electronically next time

Take Care
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EVENTS CALENDAR 2009

<u>DATE</u>	<u>SEMINAR</u>	<u>INSTRUCTOR</u>	<u>VENUE</u>	<u>TIME</u>	<u>COST</u>
SUN JAN 11 TH	WOMENS MONTHLY CLASS	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
SUN JAN 11 TH	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SUN JAN 18 TH	PROGRESSIVE TRAINING	A WILLIAMS	LLANISHEN	6:00-9:00PM	£15
SUN JAN 18 TH	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SUN JAN 25 TH	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SUN FEB 1 ST	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SAT FEB 7 TH	SILAT KNIFE DEFENCE	MAUL MORNIE	RISCA	2:00-6:00PM	£25
SUN FEB 8 TH	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SUN FEB 15 TH	MULTI ATTACKS	C GRANT	RISCA	11:00-1:00PM	£7
SUN FEB 15 TH	WOMENS MONTHLY CLASS	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
SUN MAR 8 TH	MIXED MONTHLY CLASS	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
APRIL					
SUN APR 12 TH	MULTI ATTACK SEMINAR	MARK BROOM	ORLANDO, FLORIDA (US)		FREE
SUN APR 19 TH	MIXED MONTHLY CLASS	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
SUN APR 26 TH	SILAT KNIFE DEFENCE	MAUL MORNIE	RISCA	2:00-6:00PM	£25
MAY					
SUN MAY 10 TH	MIXED MONTHLY CLASS	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
SUN MAY 23 RD	JU JITSU SEMINAR	TERRY PARKER (BJJAGB)	RISCA	2:00-6:00PM	£20
JUNE					
SAT JUN 20 TH	TBD GOSHINKWAI	A WILLIAMS	RISCA	12:00-2:00PM	£15
SAT JUN 20 TH	SILAT KNIFE DEFENCE	MAUL MORNIE	RISCA	2:00-6:00PM	£25
SEPTEMBER					
SUN SEP 13 TH	WOMENS TRAINING	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
OCTOBER					
SUN OCT 11 TH	WOMENS TRAINING	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15
SUN OCT 25 TH	SILAT KNIFE DEFENCE	MAUL MORNIE	RISCA	2:00-6:00PM	£25
OCT 31 ST	ANNUAL COURSE	ALL	RISCA	2:00-6:00	FREE*
* TBD MEMBERS £15 NON MEMBERS					
NOVEMBER					
SUN NOV 8 TH	WOMENS TRAINING	A WILLIAMS/R PASCOE	CWMBRAN	2:00-5:00PM	£15

Calendar dates subject to change during year

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WWW.TOTALBODYDEFENCE.COM