



WELCOME NEW MEMBERS

Maxen, Mason, Bevan, Nathan, Ishmael, Charlie, James

GRADINGS

Congratulations to the following students who gained promotions recently:

Maxen Thomas-Long	- White
Amelia Hartland	- White
Tylor Meredith	- Yellow

TOTAL BODY DEFENCE HITS ENGLAND

I travelled to Malvern, West Midlands on Wednesday 14th Oct to formally open a new class. Great bunch of people and superb attitude of all those who attended this first session. Personal thanks to Shaun Sabin for arranging. I will continue to run this class every fortnight, details as follows:

Venue	Mount pleasant Hotel, Belle Vue Terrace, Worcester rd Great Malvern, Worcs WR14 4PZ
Day	Wednesday (Every 2 weeks)
Times	6:00-8:00pm
Next	Wed 28 th October 2009

TBD WINS CORPORATE TENDER

I recently provided a 6hr self defence training programme for a Swansea based leisure company. Several months ago, the company started running regular adult only evenings which allowed consumption of alcohol at the premises. They started to experience a spate of altercations and following staff concerns decided to invest in some self defence classes for its employees. The company tendered for suitable trainers and following review of various self defence organisations, Total Body Defence was selected to supply the training to all 15 staff. The training was run over two evening sessions of 3hrs duration and all staff were taken through both theoretical and practical applications, including defence from strikes and holds, use of distance and movement, body management, control and restraint, verbal commands and more! The training was extremely well received and in addition to learning self defence applications, the company Manager and her team found that the "hands on approach" combined with the relaxed/informal approach also acted as a great team- building exercise.

Company Manager, Jenny Wallen stated "Everyone gained from Alun's training sessions and the staff and I already have a sense of increased confidence to cope with future issues that may arise. I absolutely recommend Alun and his organisation to other companies

ANNUAL COURSE

The annual open 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. 4 black belt gradings will also be taking place. Not to be missed.

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

CHARITY COURSE

Shaun Sabin (Risca & Malvern) has co-ordinated a 6hr charity event in association with the global fighting for lives event,. Much effort has been put into this and 10 established Martial Arts instructors have given up their time to perform at the event.

TBD will have representation by Alun Williams and Carl Grant.

Cost will be £20 with all proceeds being donated to 3 different charities. I urge you all to support in any way possible.

Details are available at <http://www./triomartialartists.com>

NEW LOOK WEBSITE

The new Website is now well under way, thanks to those who have given their input – keep posted

SENI2010

We have now booked our stand at 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 12 th 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:
Visit www.mountainfuel.com for all details

MERCHANDISE

I will be ordering T shirts and new design kits ready for Christmas, let me know ASAP if you require anything.

SEMINARS

SEE ATTACHED CALANDAR OF EVENTS FOR 2009 TO DATE

Take Care
Alun

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
OCTOBER					
SUN OCT 25 TH	PROGRESSIVE TRAINING	ALUN WILLIAMS	RISCA	12:00-2:00PM	£12.50
SUN OCT 25 TH	SILAT KNIFE DEFENCE	MAUL MORNIE	RISCA	2:00-6:00PM	£25
WED OCT 28 TH	PROGRESSIVE TRAINING	ALUN WILLIAMS	MALVERN	2:00-8:00PM	£15
OCT 31 ST	OPEN ANNUAL COURSE	ALL	RISCA	2:00-6:00	FREE*
* TBD MEMBERS £15 NON MEMBERS					
NOVEMBER					
WED NOV 11 TH	PROGRESSIVE TRAINING	ALUN WILLIAMS	MALVERN	2:00-8:00PM	£15
SAT NOV 14 TH	CHARITY COURSE	10 INSTRUCTORS	WORCESTER	TBA	£20

Calendar dates subject to change during year

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WWW.TOTALBODYDEFENCE.COM