

# Newsletter

January 2016



## *“Train hard, fight easy”*

Welcome back! Hope you all had a wonderful Christmas and New Year and thank you for all your support in 2015. We have lots to look forward to in 2016 and I already have lots of dates for you to start putting into your diaries. Here's what we've been up to recently along with some news and events that will be taking place soon.



### **Student of the month November**

Well done to Frankie Boyce for receiving November's student of the month award! Frankie has been working really hard this month and showing up to class regularly and on time. She has also been really great helping some of our less experienced students practice for their gradings - thank you Frankie, you definitely deserved November's student of the month.

### **Student of the month December**

Congratulations to Josh Hayden for receiving the last student of the month of 2015! Josh is always hardworking and consistently demonstrates a good attitude in class and good technique. Being so consistent is difficult to do and often goes unnoticed so well done Josh for putting in so much effort all of the time.



### **Payments**

To make things a little bit easier, and so that you have to worry less about remembering to make your payments, we will be setting up direct debits for all future monthly payments. This will help streamline our payments process and hopefully will make payments quite simple. I will be handing out direct debit forms next week. If you need any help filling these out please feel free to come to me after class and I would be more than happy to help you or to explain how it works.

Just as a reminder our prices are as follows:

Pay as you go	£6.50 per session
Once a week	£25 per month
More than once a week	£32.50 per month

### **Uniform**

It's pretty cold outside (and in the gym!) at the moment so it's important to wrap up warm and what better way to do this than with a Tigerstyle hoodie?! We have lots of Tigerstyle Hoodies available and as well as being quite warm they are also an essential part of our uniform, especially for anyone who wants to join us for competitions. If you would like to purchase a hoodie please just let me know. Prices of all our uniform are shown below:

	Kids	Adults
Hoodies	£20	£25
T-shirts	£15	£15
Full uniform	£28	£32
Fight suits (with logo)	£35	£35

### **Boxing class**

Fancy joining in and getting fit for the summer? We now run a boxing class on Mondays 8.15 - 9.15pm. If you are interested, or know anyone that is, please come along or let them know!



## Gradings

Congratulations to all our students who graded in November. We saw some excellent line work and were happy to see that all of our students graded successfully. The following belts were awarded to:

White to Yellow	Alisha, Sulamain, Sam and Nonny
Yellow to Orange	Alisha and Mariana
Green to Blue	Mo, Josh, Dimi, Duha and Franco
Blue to Purple	Abdullah, Jayden and Santiago

### £5 off fees for a month!

We are offering all students £5 off a months fee if they recommend a friend to the club (and that friend signs up for at least a months worth of classes). We all have lots of people that we know that might like to come along and not only would it be nice to get a little bit of money off your monthly fee it would also be nice to get a friend involved too!

### Contact details

Can everyone please make sure I have your most up to date contact details please including telephone number and e-mail address. Up to date contact details are important in case of any changes to classes or if I need to get in touch about gradings/competitions.

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## Upcoming Events

### February - Competitions

Throughout February competitions will be starting up again. If you are interested in taking part in competitions then please do make sure you are training hard and attending all our squad training sessions (dates will be up on the calendar shortly). To take part in competitions you also need to make sure you have a full Tigerstyle uniform.

### 13th February - Zsolt Moradi Seminar

Zsolt Moradi will be holding a points fighting seminar in Newquay on the 13th of February. The seminar will be great for anyone interested in taking part in competitions. Tickets cost £30 per person (adults and children). If you are interested in attending please let me know as soon as possible so we can get you signed up.

### 8th March - Bring a friend to class

After the success of the last 'bring a friend to class' day, we will be holding another one on the 8th of March. This is your chance to show your friends what you get up to at kickboxing and also show them how great your moves are!

If your child would like to bring a friend to class on the 8th please let me know so I can get an idea of numbers (and names!).

### 27th March - Grading

The next grading will be on the 27th of March. If you are hoping to grade (which most of you should be) please



make sure you are training hard, that you have a full Tigerstyle uniform and an up to date license. Prices for gradings are as follows:

Yellow to Orange	£15
Orange to Green	£20
Green to Blue	£25
Blue to Purple	£30
Brown	£50
Black	£150

### Sometime soon (!) - Kids social

We are planning to hold another kids kickboxing social soon. Last year, in April, we went to Crealy which was lots of fun and we thought we could do something similar again this year. Please let me know if you would be interested and what day would be good for you. Any other suggestions are obviously welcome.

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