

Andrew Rheeston Karate – April 2016 News

Hi everyone,

So here we are after another month of excellent classes. We have welcomed some more new faces to the club this month which is always good news so thanks to all of you guys and girls for choosing to spend your time with us.

A few orders have been placed through the online shop, which is great, just a reminder to everyone that you can order t-shirts, hoodies, water bottles and lots more through the website. There's also an option to have your t-shirts and hoodies personalised if you wish too.

You can also subscribe to the monthly newsletter by clicking on the link on the webpage.

Enjoy the Read:

Contents:

- 1) – Class write ups for March
- 2) – Upcoming Seminars
- 3) – Iain Abernethy in April

1) – Class Write Ups

The family is continuing to progress excellently, throughout April we have continued to work on grading requirements and will be setting up a grading day in early – mid June. We have continued to focus on basic techniques, Kata and Kata related pair work, good progress is being made by everyone. We have added impact training and sparring drills into the classes and during May we will be taking another look at the self-protection portion of the system. The adult class has again also been going well, with people now progressing through the material for grading and dates will be set up for these soon too.

The Thursday JKD / Kali class is continuing to progress again new students coming through the door which is excellent. This month we have looked at single and double stick, knife defence, boxing, Jun Fan Jeet Kune Do and Thai boxing. Lots of information being thrown at everyone and we'll be really taking our training on this to the next level.

I'm pleased to say that I have been invited to regular training sessions in order to progress through the Minnesota Kali Group Instructors system, this will bring a fantastic new opportunity for me personally and for Andrew Rheeston Karate in general.

2) – Upcoming Seminars

Phil Norman Ghost and Survive Seminar

On Sunday 26th June Phil Norman will be coming to teach a session on his Ghost system and survive self-protection system at John Henry Newman Catholic College from 10:30 – 14:30. Price of this seminar is £35 pre-booked and £45 on the day, spaces are limited so please contact me to book and pre-pay for you place. Payments can be taken through PayPal or via cheque, message me for PayPal or address details for payment.

Andrew Rheeston Karate Seminars

I will be teaching a seminar for Atherstone Karate Club on Sunday 15th Mat 2016, this is the second time I have been invited to teach for this group. I will provide a write up of things covered in next month's newsletter.

I will also be teaching a seminar in September and as soon as details for this are finalised I will let you all know. If anyone would like to book me for a seminar, then please feel free to give me a call or contact me using the details on our website.

3) – Iain Abernethy Seminar April 2016

During April I again hosted Iain Abernethy for a seminar. This seminar focussed around Wado Rohai and other style variations on the same Kata. The 4-hour seminar looked at limb control, striking, joint locking and takedowns. Can I

just say a massive thanks to everyone that made the trip over to us to train with Sensei Iain Abernethy, a session for 2017 is already planned and I will advertise this later in the year. Below are a couple of photos from the seminar the representatives of Andrew Rheeston Karate and a full group shot of everyone that attended on that day.



Thanks for taking the time to read this I will have another newsletter available next month. If you have got any questions or if you would like me to teach a class or seminar for your group then please contact me on andrew@andrewrheestonkarate.co.uk

Take care

Andy :)