

Andrew Rheeston Karate – February News

Hi everyone,

It's been a while since I've written a newsletter but at last I'm back up and running with them. A lot has happened since the last newsletter, I have attended two Instructor workshops with the Minnesota Kali Group (MKG) as well as having the UK Director of MKG teach a seminar in December for us. I have taught two seminars myself and have received bookings to teach other groups already this year.

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1) – MKG Instructor Workshops

In July last year the first MKG Instructor workshop was held and in January the second event was held. During these workshops we have trained in single stick, double stick, knife training, hubad and Thai boxing. Both sessions have been excellent as expected and after having Brendan Westwood the UK Director of MKG teach a seminar for us in December I am looking forward to inviting him back again this year.

2) – Upcoming Seminars

Iain Abernethy / Andrew Rheeston Seminar

On Sunday 5th march I will be teaching a seminar alongside Iain Abernethy, the focus of this seminar will be on martial arts pad work drills. Iain Abernethy will be focussing on Kata based pad work and I will be looking at pad work based on Filipino boxing. I have hosted Iain on a number of occasions and am really looking forward to teaching alongside him.

At the moment no other seminars are planned in for 2017 but I'm hopeful that this will change before the next newsletter comes out.

3) – New Class Details

Our Thursday classes have now taken a different shape and a different venue. The Thursday classes are now being taught at North Solihull Sports Centre. The family karate class is being held from 7:00 – 8:00 and the adults Thursday class is now based on a mix of martial arts with the focus being around Kali, Thai Boxing and Jeet Kune Do

4) Other News

I have also added some new videos to both the Facebook and YouTube channels and I hope to be adding more regular videos throughout this year. We had a very successful grading day before Christmas where 25 students gained new belts so well done to you all it's great to seeing you progress. The classes have picked up some great momentum and we having lots of newcomers joining us.

I have now got some spaces open for private sessions for 1 to 1 or small group tuition on any of the arts I teach and if you are interested in booking one of these sessions please give me a call to

arrange this. As stated earlier I have started to receive bookings to teach seminars at other clubs and if you would like to arrange for me to come and teach a seminar at your club then please get in touch.

Again, sorry for the delay in getting this newsletter out to everyone and they will be back regularly from now on.

See you all again soon and take care :)

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