

Andrew Rheeston Martial Arts – June News

Hi everyone,

Thanks for taking the time to read this newsletter again. This last month we've moved away from line work practice in the karate class and focussed more on Bunkai training, the plan going forward is to bring in a little more of the self-protection elements too.

We have had more new starters coming to the classes this month, which is excellent so thanks for recommending us to your friends and family.

Hope you enjoy the read.

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1) – Update of classes

This month we have seen some more new faces joining us, which is great news. The karate classes have focussed mainly on Kata Bunkai to make sure everyone is working towards their next grading. Dates for grading's will be coming out soon. Kata Bunkai is the study of Kata motions with a partner so that you can use the movements practically against someone rather than 'as a dance' in thin air. I believe learning the practical use of kata motions not only helps understand what you are doing but is easily translated into self-protection. The adults karate class have enjoyed doing some sparring drills and pad work and I've also thrown in a little bit of our Jeet Kune Do (JKD) system into the mix too as the motions around both arts are extremely similar.

I have received more requests for private training, which I have really enjoyed, and it is great to focus on what the individual wants and needs to work on. If any existing students would like some one-to-one or small group coaching the please get in touch these sessions are a great way to progress your skills and understanding of what we are doing and are tailored to your wants and needs. Anyone reading this and not currently a student at A.R.M.A is still eligible to receive private one-to-one or small group tuition if this is something you are interested in then please give me a call or send me an e-mail and we can get something arranged to suit you.

2) – MKG Birmingham

This month we have continued to look at all the different arts that MKG Birmingham has to offer. Our warm ups consist of shadow boxing with a boxing set up and some Kali stick drills. The class then looked at empty hand kali with sensitivity drills to trap limbs are clear obstructions. We have also looked at some basic JKD and Thai Boxing Drills. These classes are going really well and I have been asked to teach private sessions in these arts too, which is great.

I have included again a write up of each of the arts on offer in our Mixed Martial Arts Class.



Muay Thai Kick Boxing

Muay Thai is the national sport of Thailand, and our most popular training session at MKG UK Southampton. Muay Thai fighters have been called “Kings of the ring”, where they may strike any part of the body. This art is an awesome display of strong offense with a constant focus on defensive structure and legendary endurance! Through our parent school in the US, we have taken this highly effective ring art and devised drills that are fun yet challenging – you will be confidently hitting pads and developing good reactions from the very first class. Not only are these classes easy for the beginner student, they are hard enough for even the most seasoned of athletes. The “go at your own pace” structure of our classes means you make it as physically challenging as you want to (but we would like you to appreciate this arts body conditioning capabilities!).

Our classes will help you utilise the 8 weapons of the body – fists (punches), elbows, feet (kicks), and knees – all performed through various drills, combinations and fitness workouts on handheld pads. This will get you in great shape, yet teach you to defend against many types of attack.

Jun Fan Gung Fu / JKD

In the 1960/70s, the late Bruce Lee, with Dan Inosanto, researched every martial art they could – what emerged was a compelling and completely new system of training. The mixing of the best techniques for striking, trapping and grappling from each art they studied, as well as developing training methods to perfect these, made this new ‘art’ a very dynamic and complete system – renowned for its economy of motion.

Jun Fan Gung Fu/JKD is a mix of high-energy kickboxing drills, intricate trapping, locking and in-fighting and occasional ground tactics.

Filipino Martial Arts

Kali (sometimes called ‘Escrima’) often serves as an umbrella term for all the Filipino martial arts. However, our focus includes a wide spectrum of weaponry – staff, stick, blade and knife as well as

weapons of opportunity – the objective being to perform techniques such as counters, disarms, sweeps and locks in flow.

Whilst ordinary people do not carry weapons, we believe that training in a weaponry art greatly improves your chances of escaping an attack from someone that does.

Our classes emphasize safety first, but are fun and rewarding to learn – they improve hand-eye coordination, balance, footwork, timing and how to manipulate the opponent.

Our Kali program includes the empty hand aspect of this powerful art – Panantukan. Panantukan sometimes referred to as ” Dirty Boxing ” was developed for as a backup system for when the weapon was disarmed.

3) – New Videos

Since the last newsletter, I have added another new video onto our YouTube channel, which gives a flavour of some of training in Mixed Martial Arts class.

<https://www.youtube.com/watch?v=i7Nl-HmV3jU&spfreload=10>

4) – Iain Abernethy Seminar 4th June 2017

On Sunday 4th June I attended a seminar ran by Iain Abernethy which focussed on Naihanchi Kata. The seminar looked at a flow drill for some base application around the kata and then moved on to some varied applications flowing to different section of the Kata. We also looked at a flow drill which was similar to a drill knows as hubad in the Filipino arts so again another example of the arts actually cross over. The session then focussed around sparring based on the method within the kata, which was great fun.



Sensei's Mick and Andy



Iain Abernethy & Sensei Andy demonstrating in front of the group.



Group Picture of everyone at the seminar.

5) – Upcoming Seminars

We have two seminars currently booked in and the details of those are below-

Andrew Rheeston / Mick Tully Seminar – Sunday June 25th 2017 – 10:30 – 14:30

**Andrew Rheeston
&
Mick Tully**

Sunday 25th June 2017
Three Trees Community Centre
Hedingham Grove
Birmingham
B37 7TP

**Kata Bunkai & Kali Seminar
10:30 - 14:30**

£30 per person paid via paypal
or on the day after confirming your place
Contact Andrew on 07929989720
or Andrew@armartialarts.co.uk

Andrew Rheeston and Mick Tully are teaching a joint seminar around the differing aspects of Kali training. We will be looking at the single / double stick training and knife training including partner drills and disarms (for the art) and practical self-protection. The seminar will also include elements of Panantukan (Filipino Boxing) including trapping and limb destructions. Cost for the seminar is £30 per person and can be paid by cheque made payable to Andrew Rheeston and sent to Mr A Rheeston, 106 Piccadilly Close, Chelmsley Wood, Birmingham B37 7LQ or via PayPal (contact Andrew for PayPal details). Payments can also be accepted on the day once your place is confirmed.

This session will also be used a grading event for the A.R.M.A Mixed Martial Arts Group.

Andy can be contacted on 0729989720, E-mail Andrew@armartialarts.co.uk, or on facebook via the

Andrew Rheeston Martial Arts page.

Mixing Arts Seminar – Andrew Rheeston – Sunday 17th September 2017 – 11:00 – 15:00

Following on from the great feedback of the seminar with myself and Iain Abernethy earlier this year I have arranged to continue the theme and teach another seminar which will focus again around the similarities between Karate and Kali Motions.

As well as the empty hand motions we will also take a look at how these can be used against blunt and edged weaponry. Also, we will see how the motions can be translated to impact equipment. During the session, we will be using focus mitts, kali stick and training knives. For attendees that don't already have this equipment there will be spares available on the day.

The cost of this seminar will be £30 per person and can be paid via bank transfer (contact Andy to arrange payment), via cheque made payable to Mr A Rheeston and sent to Mr A Rheeston 106 Piccadilly Close, Chelmsley Wood, Birmingham, B37 7LQ. Payment can also be taken in cash on the day once your space is booked.

Any questions or to book your place contact Andy on 07929989720 or via e-mail andrew@armartialarts.co.uk

**Andrew Rheeston
Mixing Arts Seminar**

**Karate
&
Kali
&
Jeet Kune Do**

Sunday 17th September 2017
11:00 - 15:00
Team Black Belt Dojo
Lode Lane
Solihull
B92 8NU

Methods From Pinan Series
With Blunt & Edged Weaponry
Also on Impact Pads

£30 Per Person paid Via Cheque, Pay Pal or on the day
Contact Andrew to book your place
Tel: 07929989720
Andrew@armartialarts.co.uk

Thank you for taking the time to read this. I will have more content added from next month with new articles and videos, if there is anything you would like to see in these newsletter Kata performance or bunkai videos, the link between karate and kali etc please let me know and I will do my best to get any question included in the next newsletter.

If you would like to host me for a seminar, are interested in any of our classes or if you would like to have to some private training I can be contacted at andrew@armartialarts.co.uk or by telephone on 07929989720

See you all again soon and take care :)

Andy Rheeston

Tel: 07929989720

E-mail: Andrew@armartialarts.co.uk