

Andrew Rheeston Martial Arts – July News

Hi everyone,

Sorry this newsletter reaches you later than I had originally planned but it is here now and I hope you enjoy. This month we've worked more on the next grading requirements and a date is now set for the next grading and those eligible to grade have already been told of the date. I have taught a seminar alongside my instructor Mick Tully and we've also had our first ARMA – MKG grading promotions. So pleased for all of you and we'll have a little write up that follows. We've also got more seminar news with dates to announce and a little offer on the cards for any new starters that would like to join our family karate classes.

Hope you enjoy the read.

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1) – Update of classes

We have continued to work on grading requirements for the karate classes and a grading date has been arranged for late July for those looking to take the next step up. The grading will consist of combination striking with punches, kicks, elbows and knees, Kata bunkai and impact work everyone has worked hard over these last few weeks to get ready for this so keep up the hard work and I'm sure the rewards will come your way.

The ARMA – MKG class has gone from strength to strength with everyone focussing on the level one and two requirement. This consists of single and double stick training, Muay Thai, Jeet Kune Do and Panantukan. Again, everyone is working really well and I wait to see you all get through the ranks. That being said some of the adult class have taken and passed their first grading assessments and will be noted later in this newsletter.

2) – Andrew Rheeston / Mick Tully Seminar

On Sunday 25th June I had the pleasure of teaching a seminar alongside my instructor Mick Tully. The session was a real success and covered a whole host of information. We both taught 4 x half hour sessions covering stick striking drills and disarms, edged weapon defences and disarms, trapping and impact training. It was a great session and everyone left with a massive smile on their face. At the end of the seminar we held a grading promotion presentation to the students of both ARMA – MKG (MKG Birmingham) and Complete Self Protection (MKG Coventry). I am pleased to say that some MKG Birmingham received double grade promotions from both MKG groups.

Below, are some photos from the seminar.



3) – Upcoming Seminars

We currently have two seminars remaining for this rest of this year and also one weekend course for anyone that would like to attend. The details are below:-

⑩ Andrew Rheeston – Mixing Arts Seminar – Sunday September 17th 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.

⑩ Rick Faye UK Seminar 28th & 29th October 2017

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

As a change to the normal routine this year, Rick Faye will be teaching a central seminar for the whole weekend as opposed to a UK Tour which has happened the last few years. There will be four hours of training on both days for attendees and the sessions will be based in London. Once confirmation of venue, training times and attendance cost have been agreed I will share that information.

⑩ MKG UK Seminar with Brendan Westwood – Sunday 3rd December 12:00 – 16:00

Following on from last year's successful seminar with have the pleasure of hosting Guro Brendan Westwood the UK & European Director of the Minnesota Kali Group for another seminar around the MKG arts. The session last year focussed around stick and knife training, hubad (a sensitivity drill to feel pressure from a partner or opponent to manipulate them into positions where they are off balance and easy to hit) and impact work on the focus mitts. Was a great session and sure this year's session will be just as fun!

The seminar will be held at Team Black Belt Dojo, Lode Lane, Solihull, B92 8NU. The cost will be £30 for the seminar and can be paid by either cheque or cash on the day. In the first instance please book and confirm your place with Andy prior to sending payment, as places will be limited for this event. Contact details for Andy are tel: 07929989720 or e-mail andrew@armartialarts.co.uk

4) – New Student Offer

Andrew Rheeston Martial Arts- Karate Classes
Family Classes age 5+

Tuesday Evenings from 6:45 - 8:15
Chelmsley & District Conservative Club
Bosworth Drive
Birmingham
B37 5DZ

New students accepted from August 2017
2 weeks free trial

Benefits include:
* Confidence
* Fitness
* FUN

Thursday Evenings from 7:00 - 8:00
North Solihull Sports Centre
Conway Road
Birmingham
B37 5LA

www.armartialarts.co.uk
Tel: 07929989720
E-Mail: Andrew@armartialarts.co.uk



5) – Congratulations

As I said earlier this month we also held our first ARMA – MKG Grading and the students gaining promotions are detailed below:

- ⑩ Mark Skinner – Level One
- ⑩ Joshua Skinner – Level One
- ⑩ Dillon Roche – Level One
- ⑩ Stephen Roche – Level One
- ⑩ Dave Michie – Level Two
- ⑩ Mark Ridler – Level Two

The Following students received double grade awards:

- ⑩ Paul Devlin – Level Two (ARMA – MKG) & Brown Belt (MKG Coventry)
 - ⑩ Adrian Stroud – Level Two (ARMA – MKG) & Brown Belt (MKG Coventry)
 - ⑩ Michael Rheeston – Level Two (ARMA – MKG) & Brown Belt (MKG Coventry)
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Thank you for taking the time to read this. I will have more content added from next month if there's anything you would like to see in these newsletters Kata performance or bunkai video's, 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 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

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