



# SloughCobras

## Kickboxing

### Welcome to 2010...

Thanks for choosing to train with **SloughCobras**.

We hope that you will achieve all of your goals and have great success in the New Year.

At **SloughCobras** we view kickboxing as more than a sport – it is a lifestyle. This year we will be introducing monthly goals for you to work towards to help you keep focused, fit and to powerfully enhance your training.

Discipline, strength, speed, self-defense strategies, respect, honesty, mental focus and extreme physical fitness are just some of the powerful mental, physical and social advantages that you will gain from kickboxing. We hope that together we will all be able to focus on, and strongly develop, these areas as the year progresses.

This month we will be focusing on

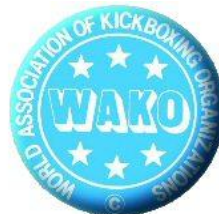
### Discipline.

Best Wishes for 2010,



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## Goal for February...

### Discipline

This month's goal is a core value in all martial arts, and particularly kickboxing. Self-discipline does not just happen. You have to work hard and stay focused -

**“Champions are not born, they are made”.**

If you are a 'natural' and are lucky enough to have been born with innate talent and ability, you will only get so far. You also need to work hard and develop strong self-discipline.

We are an extended family at **SloughCobras** and we want to get everyone involved and focused on the same expectations. We feel that if we all work together as a team on this important goal we will see great results and strong improvement.

#### ACHIEVING DISCIPLINE

“CHAMPIONS ARE NOT BORN,  
THEY ARE MADE”

##### **STEP 1 - Increase your training**

commitment – longer sessions and a harder workout will increase your self-discipline and push your fitness levels

##### **STEP 2 – Have a clear plan**

Having a clear idea of what you want to achieve, where you're headed and how you are going to get there are three basic foundations on which to build your self-discipline.

##### **STEP 3 – Stick with it, don't give up**

have a personal mantra that you repeat in your mind to push yourself to the next level.

## What Kickboxing Can Do For You...

1. Supreme physical fitness
2. Emotional Control
3. Intense Focus
4. Life Long Friends
5. Mental Discipline
6. Core Body Strength
7. Personal Security
8. Powerful Self-Defense Strategies
9. Skills will translate to all areas of life - work, relationships, family
10. Inner Peace

→Get equipped for 2010 - We are now selling a great range of

Beanie Hats, Baseball Hats, Fleece, Hoodies, Towels, T-Shirts and Sack Bags.

# IN FOCUS... EVENTS AND REMINDERS

## REMINDERS

There is a lot happening this month! We have a photographer coming to photograph students in action so make sure you represent SloughCobras well and wear your uniform. Students without a uniform need to see Junior ASAP. Grading will start in March – Remember that only students who are meeting expectations will be eligible. Our first competition event of the year - SEE DETAILS →

Membership fees are due and new students need to purchase a uniform, a license and insurance.

1.

Remember to wear your uniform – WE HAVE A PHOTOGRAPHER COMING THIS MONTH! – SEE JUNIOR IF YOU DON'T HAVE A UNIFORM YET

2.

**STEP 1** – Purchase your license to train and insurance - £25

**STEP 2** - Purchase your uniform pack - £30

Current members ...

Renew your membership £15

3.

- \* Chesham Semi finals
- \* Kung Fu Training
- \* Advanced Classes
- \* GRADING (March)

## Event Reminder:

**Chesham Kickboxing & Martial Arts Academy Presents:**

**The Annual Semi Contact Kickboxing Competition**

Sunday 7th March 2010 ~ Chesham Leisure Centre White Hill, Chesham, Bucks, HP5 1BB

**NEW GYM OWNERS – NUYUU FITNESS HAS TAKEN OVER LA FITNESS – The Gym is being refurbished – classes should experience minimum disruption and will run as usual.**

### TRAINING OPPORTUNITIES:

→ **ADVANCED CLASSES:** Sunday 7 – 9 pm at the **Tasumaki Dojo** for those of you who want to push your fitness. Suitable for anyone who has been training for 6 months + and wants to expand on basic skills. Test your strength and expand your self-defense techniques with guest instructors.

→ **KUNG FU:** Experience another kind of fighting style to enhance your range. **Wing Chun Kung Fu** on the 13<sup>th</sup> February. Dai Sifu Vik is a trusted friend and excellent instructor.

### UNIFORMS AND EQUIPMENT

THE START OF THE YEAR IS A GREAT TIME TO GET YOUR UNIFORMS AND EQUIPMENT ORGANISED.

# FACT FILE

Each month we have a chat with our students and find out a little bit about them and why they kickbox. This month we asked Darren Schuster: “I started Karate at the age of 14 and studied the art of Wado Ryu Karate Do. The Japanese translation means way of peace and empty hand. I fought in mixed style competitions, testing the Art against Kung-Fu, Takewando and Karate styles such as Shotokan Ryu. I moved to South Africa in 1989 for work and I got involved in Kickboxing. I trained and fought for many years in amateur level comps. I started training with Junior in 2007 to strengthen my back after a car accident. I have strengthened my back and my skills have massively improved. I have set a goal to get my BLACK BELT and to help others achieve a high level of fitness and respect for the sport of kickboxing.”



## LITTLE COBRAS

**Champions in the Making... ADAM AZIM IS OUR LITTLE FUTURE CHAMPION IN THE MAKING FOR THIS MONTH.** Here is Adam, James Khan (Dragon's Den) and Junior. All of our **LITTLE COBRAS** are doing really well and it is great to see such an improvement! We hope to build on this for 2010.

→CHECK OUT ADAM ON **You Tube**. This video of Junior training Adam demonstrates an unusually good combination of speed AND strength- and over 13,000 views!!!! <http://www.youtube.com/watch?v=9RWAcGXS6zw>



**FACEBOOK – CHECK US OUT!**