



# NEWSLETTER

## March 2010...

March has been packed full of exciting events and achievements. Everyone has been working extremely hard and really getting focused.

I would like to thank all of my brilliant students who trained with me on Sunday 7<sup>th</sup> March during my personal assessment for 2<sup>nd</sup> Dan Grade.

SloughCobras received credit and recognition during this assessment from the inspirational Tom Hibbert MBE – President of WAKOGB.

There is an excellent training opportunity with elite Olympic Instructor – Master Stewart Armotrading – so set aside Sunday 21<sup>st</sup> of March from 7 – 9 pm. I strongly advise all students to attend this session.

This month we will be focusing on Goal 2 –

## TECHNIQUE.

*Junior Senior -2<sup>nd</sup> Degree Black belt*

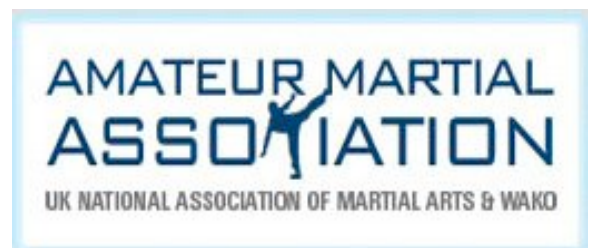


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The Amateur Boxing Association  
of England Limited



## Goal for March...

### Improve Your Technique

To powerfully enhance your kickboxing skill and potential and to see true progress, you need to focus on your technique.

Technique underpins the kickboxing discipline. Kickboxing has been around for many years, and has evolved over time to become the most widely used fighting style. This type of combat follows a very strict training regime.

Concentrating on technique will allow you to improve speed, strength and allow you to fight fluidly and with strategy. **Improving your technique means that ultimately, you will be able to achieve your Black belt 1<sup>st</sup> Grade Dan.**

Technique is built by repetition. Each movement needs to be carefully executed and controlled and repeated thousands of times.

Having a good instructor who focuses consistently on technique will play a key role in improving your overall ability.

## TECHNIQUE

“Honing Technique is a essential. It is a vital cornerstone that underpins the sport”

The Basics...

✓ Fighting Stance

✓ Kicking

✓ Punching

✓ Footwork



Jab



Uppercut



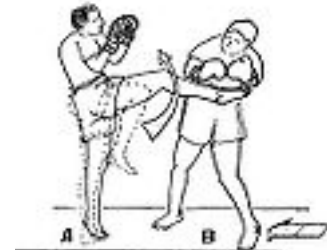
Hook



Side Kick



Round-house



Semi-circular

# IN FOCUS... EVENTS AND REMINDERS

## REMINDERS

By now, everyone should have their uniforms organized – make sure wear your uniform to help to represent SloughCobras to the best of your ability. Have a look at our great range of hats, clothing and equipment.

Grading will start very soon – Remember that only students who are meeting expectations will be eligible.

Membership fees and insurance should now be fully paid. Please see Junior if there are any issues.

### UNIFORMS AND EQUIPMENT

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

## Event Reminder:

**Exclusive Training Opportunity with Olympic Instructor:**

**Reputed Tae Kwon Do Master Stewart Armotrading**

Sunday 21st March 2010 ~ 7pm – 9pm

**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.**

### GRADING OPPORTUNITY:

→ **TATSUMAKI DOJO:** There is an opportunity for all students who have been training for a minimum of three months to undergo grading for the next appropriate belt level – Red, Yellow or Orange. Grading will be held at the Tatsumaki Dojo on Sunday the 28<sup>th</sup> of March, from 7pm to 9pm.

→ **HIGHER GRADING DATES TO BE ANNOUNCED...**

## Kickboxing Champions

Head over to the WAKO website and check out the Wako British Champions Results for 2009.

<http://www.wakogb.moonfruit.com/#/championship-results/4533124883>

## FACT FILE

Reputed Tae Kwon Do Master Stewart Armotrading offers the opportunity to experience a different martial arts style and broaden your perspective. In our opinion, TKD is the best kicking sport out there, so take this opportunity to see how an Olympic level instructor teaches. In January, 2010, Master Armotrading was recognized and awarded by the House of Commons for his excellence in the teaching of TKD and for the wonderful inspiration he provides to the young people of Slough. In 2009, Master Armotrading was awarded 'Coach of the Year' by the Mayor of Slough. During his 28 years in the field, he has taught the Queen's Guard at Knightsbridge and successfully coached British, Welsh and Irish National Squad members. He has produced players for film roles and has taken a huge haul of medals at both National and International level. SloughCobras is proud to offer this training opportunity and looks forward to seeing students learning and improving under the influence of Master Armotrading.

## Consider Personal Training...

A personal training session with SloughCobras can increase your confidence through carefully focused, structured and individualized training solutions. One to one personal training will maximize your results and ensure that you powerfully achieve your personal goals. Personal training is a great way to improve your technique, so that you can get the most out of general training classes.

- Maximize Training Effectiveness
- Improve Overall Fitness
- Enhance Flexibility and Strength
- Increase Overall Fitness Levels
- Develop Confidence

CONTACT US NOW TO ASK ABOUT  
OUR PRIVATE LESSONS

## FACEBOOK – CHECK US OUT

<http://www.facebook.com/group.php?v=info&gid=13675268369>

# Competition Results

Congratulations to Daryl, Billy, Adam and Georgia for their outstanding efforts at the recent tournament in Chesham. For Billy and Georgia it was the first time they had ever stepped into the ring for a competitive match.

Adam is truly in a class of his own. Adam had two fights and completely dominated both fights from start to finish. He demonstrated the superior boxing technique that is his unique talent. His kicking was also excellent and Adam displayed good speed and agility in the ring. Congratulations to Adam on winning both fights. A brilliant result, reflecting his hard training and dedication.

Billy earned a respectable draw – Unfortunately, he was not given enough time to put his gear on and warm up before being called into the ring! Had he be given enough time to warm up, we are convinced his result may have been even better. Great work, Billy!

Georgia, a red belt, was matched with a brown belt fighter. Georgia was not intimidated and given that this was her first time in competition, she showed tremendous fighting spirit. The fight was awarded to the more experienced fighter, however, Georgia performed extremely well and received invaluable competition experience fighting an opponent with higher grading. An excellent first attempt for Georgia – Well done!

Daryl had a tricky fight with a very experienced, veteran fighter. He landed some high round kicks to the head and demonstrated some good punching skills, however, he found it difficult to break down the defenses of his opponent. The more experienced fighter was successful.

What a great effort from the team representing SloughCobras at Chesham this March. Competition provides a clear goal to train for and powerfully enhances your abilities – nothing can replace the way that skill and strategy is strengthened, honed and developed in a competitive fighting environment. Make sure you take part in as many competitions as you can throughout the year - they are fun, exciting and will help you to improve and grow as a fighter.

