



## DECEMBER & NEW YEAR NEWS

### SOUTH COAST MARTIAL ARTS



December 2009

### SWMA Tournament

South West Martial Arts tournament took place on Sunday 29th November in Sherbourne. Twelve of our students travelled up to compete in patterns, sparring, high kick and power tests. The day went very well and our students, once again, did extremely well, making SCMA very proud of them. There were a total of sixteen medals brought home, so quite a bit of extra baggage!

Congratulations and well done to all our students who competed.

Medals brought home were:

#### Patterns.

Gold—Thomas Trace  
Gold—Dewi Bisgrove  
Gold - Ryan Hateley  
Gold—Sam Norton  
Gold—Joshua Egan  
Silver—Harvey Drake  
Bronze—India Hateley

#### Sparring

Gold—Charlie Drake  
Gold—Josh Egan  
Silver—Thomas Trace  
Silver—Ben Williams  
Silver—Sam Norton  
Bronze—Harvey Drake  
Bronze—Simone Drake  
Bronze—Dewi Bisgrove  
Bronze—Tyler Young

WELL DONE.

### BABY NEWS

Congratulations to Gary & Helen

on the safe arrival of their baby daughter Isabella. SCMA would like to wish them many years of happiness and a couple of years of sleepless nights!

### PRESENTATION NIGHT

Coloured belt & Kickboxing presentation night

Thursday 17th December at the Devonshire, 6pm.

We will be kicking off the evening with training for everyone, Lil' Dragons, Juniors, Seniors and Kickboxer's.

Afterwards, we would like to invite you all to join us for a drink in the family room.

See you all there.

### XMAS BREAK

We will be breaking up for Christmas on Friday 18th December, which will be our last training session for this year and this will be at Derriford.

Lil' Dragons - 5.30pm  
Juniors - 6.15pm  
Seniors - 7pm

This will be  
FUN TRAINING  
All night.

### XMAS PARTIES

TICKETS STILL  
AVAILABLE!

#### ADULTS

Saturday 19th December  
Derriford 7.30pm - Midnight  
£12 a ticket includes food  
(Chilli or Curry)  
£6 a ticket no food.

#### KIDS

Monday 21st December  
Derriford 5 - 7pm,  
£3 a ticket

#### XMAS RAFFLE

£1 a strip. Prizes include  
32" TV, Dinner for 2, Argyle  
signed football and more.  
Buy your tickets now.



### XMAS BREAK EVENTS

Sunday 27th December,  
11am. Meet us for a run,  
walk or bike around Burrator.  
Afterwards join us for a  
drink at the Burrator Inn.

Wed 30th December, 4pm  
Join us at the Devonshire for  
a family Sports Challenge.  
Everyone welcome.

### DECEMBER BIRTHDAY'S

We would like to wish  
the following students  
a very

#### Happy Birthday

Sophie Knapp  
Hannah Brown  
Oliver Thomas  
Eli Horsfield  
Jeremy Mitchell  
Aaron Graham  
Joshua Hughes  
Lauren Mills  
Lauren James  
Harry Stone  
Hannah Carroll  
Andrew Rennie  
Jamie Havard  
Rhys Naylor  
Matthew Ottley  
Charlie Rennie  
Dana Bradust-Lowes  
Joshua Waters  
Nicol Lambord  
Dieter Bettison  
Rhys Roffey  
Finlay Southern  
Jack Tarsky  
Sydney Douglas  
Tommy Farrell  
Carolyn Child

We hope you all have a  
lovely birthday.

### WINNING CAR REG

This month's winning Car  
Reg is **J941 MFJ**.  
Please see Tina or Deb  
to claim your prize.



## WIN A PS3

Everytime a friend of yours joins our club, we will enter your name into a draw to win a PS3. The more of your friends that join, the more entries you'll have.

The winner will be drawn on  
Sunday 14th February 2010

So get your friends to come along and give it a go.

**YOU NEVER KNOW YOU MIGHT  
END UP WINNING A PS3.**



# SOUTH COAST MARTIAL ARTS



# COMPETITION

## Saturday 23rd January 2010 The Devonshire.



### Featuring

Lil' Dragons, Sparring, Patterns, Bo Staff

Destruction & Kickboxing



# SPIRIT CAMP

Friday 5th - Sunday 7th  
February 2010

Piers Cellars, Cawsand Bay  
Cornwall.

£70 per person  
(includes Food)

**18 + years  
or 16 if accompanied by an  
adult**

Aimed at old school type training.  
Your personal fitness level should not prevent you from attending.  
You will need to push yourself very hard.

All training will take place outdoors.  
There will be training day and night.  
Wet weather program is to get wet.  
Training will start Friday night and finish Sunday afternoon.

Optional third night, should you wish to unwind on the Sunday evening.  
Accommodation is in Dormitories.  
Places Limited.

## FAMILY WINTER CAMP

Friday 5th - Sunday 7th  
March 2010

Price and venue  
to be confirmed.



## Distributing Flyers

Can you spare a few hours to help distribute flyers. If so, we would ask you to deliver 500 in a specified area, or in an area local to yourself. As a thank you we will give you a £20 voucher to use within the club on Merchandise. If interested please email

[2009scma@gmail.com](mailto:2009scma@gmail.com)

## CLASSES RESUME TUESDAY 5th JANUARY 2010

# MERRY CHRISTMAS & HAPPY NEW YEAR

## THANK YOU FOR ALL YOUR CONTINUED SUPPORT THROUGHOUT THE YEAR.

### MR WOOD & MR BURDOCK