



South Coast Martial Arts Newsletter

FEBRUARY

BIRTHDAY'S

We would like to wish the following students a very

Happy Birthday

- Olivia Bailey
- Molly Banks
- Liam Bates
- Connor Batten
- Imogen Bird
- Lou Brown
- Stephanie Brown
- Samuell Brundell
- Liz Casey
- Joshua Clarke
- Sam Collings
- Louise Dieroff
- Brittany Dumbleton
- Josh Egan
- Andy Ellis
- Lauren Evans
- Kian Fairey
- Ryan Greene
- Jacob Hocking
- Jacob James
- Jayne Layzell
- Alex Luscombe
- Kushla Magee
- Jake Plumley
- Owen Stallard
- Ola Szczutkowska
- Zuzia Szczutkowska
- Timothy Thorton
- Jacob Weir
- Billy Weir
- Florence Wickham
- Jack Williams
- Matthew Williams
- and
- Mr Burdock.

We hope you all have a lovely birthday.



www.south-coast-martial-arts.co.uk



FEBRUARY 2010

A BIG WELCOME TO SOUTH HAMS TKD

SCMA would like to welcome Lesley McGhie and her club, South Hams TKD.

Lesley has recently joined us, which is fantastic news, not only for her students, but for

ours as well, as this means that there's now even more training venues for everyone to train at.

All training times and venues can now be found on our website.

WINNING CAR REG

This month's winning Car Reg is **WJ03 NTU**. Please see Tina or Deb to claim your prize.



SCMA OPEN TOURNAMENT

Saturday 23rd January 2010, we held our 2nd Open Tournament at the Devonshire. The day was jammed packed with a variety of events, High Kick, 4 Corner Blocking, Patterns, Sparring, Destruction, Bo Staff Patterns and Sparring.

As it was an open tournament we had students come down from Cardiff, Bristol, Torbay, Paignton, Stoke Gifford and Sherborne.

We kicked off the day with the Lil' Dragons, who took part in 4 corner blocking and high kick. Following on from them, it was time for the junior and senior events to get underway. It was non-stop action throughout the day and we would like to say well done to all those that competed.

SCMA would like to congratulate all the students who won medals.

We would also like to thank all the helpers for giving up their time to help out and making it an enjoyable and a very successful day.



NEWLY PROMOTED BLACK BELTS

After months of hard work and endless training, four of our senior students finally got their chance to take their Black Belt grading on Saturday 13th December 2009. They all did very well and passed their grading, all their hard work paid off. South Coast Martial Arts would like to say a huge congratulations to all four

students. Jamie Havard and Allyn Cox have been promoted to 1st Dan's. Congratulations to you both on achieving your Black Belt. Millie Coombes and Holly Notman have been promoted to 2nd Dan's. Congratulations goes to both girls, as this is a massive achievement at their age.

So please take the time to congratulate them all personally at class, if you haven't already. We are looking at holding a Black Belt presentation evening in April, so please keep your eye open for a date and venue, so that you can come and celebrate with them, as everyone will be welcome.

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.

BLACK BELT TRAINING

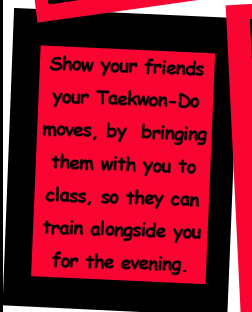
As of this month, there will be a Black Belt training class at Devonport High for Boys, the first Thursday of each month, 7.30-8.30 pm.

There will also be Black Belt Training on Thursday 25th February at Totnes Pavilions, 8.00-9.00pm. Please support this.

2ND KUP & ABOVE TRAINING

There are two 2nd Kup & above classes this month, the first being Wednesday 10th February at Tamarside, 7.15-8.00pm.

The second one is Friday 19th February at Derriford, 7.00-8.00pm. Please note there will be no senior classes on these evenings.



MULTI-SKILLS HOLIDAY CLUB

Coombe Dean, Plymstock.
10am – 4pm, £10 a day.
(sibling's reductions),
4 years & above.

Monday 15th—Friday 19th

FEBRUARY 2010

8am – 10am & 4pm –6pm.

£2.50 per hour, per child.

TO BOOK CONTACT

Gary Burdock 07530 978938 or
Tina Hateley 07940 308757

Children are required to wear loose clothing and trainers. Child to bring packed lunch and drink for the day.

Please see Tina or Debbie for a booking form.

IMPERIAL WELSH CHAMPIONSHIPS

Sunday

21st February 2010

Penarth Leisure Centre,
Andrew Road, Penarth,
CF64 2NS

Doors open at 9:00am and the
Tournament starts at 9.30am.

All entries are to be submitted on
the official entry form, which is
available to download from www.
tkd.co.uk.

Spectators= £5
Competitors= £20

Please return completed entry
forms to Tina or Debbie, so all
forms can be sent off together, by
Sunday 14th February 2010.

Gradings & Pre-Grading

SATURDAY 27TH FEBRUARY
COOMBE DEAN

Lil' Dragons
Grading



&
Coloured Belts,
Kickboxing &
Black Belts
Pre-grading

Times TBC



BO STAFF TRAINING

There will be Bo Staff training on
Sunday 28th February at the
Devonshire, 6.00-7.00pm. The
mixed class is cancelled on this
evening.

FITNESS SOLUTIONS

Healthy Body & Mind...Male or Female - Any
Age - Any Requirements

GRAHAM MURPHY
PERSONAL FITNESS INSTRUCTOR
(REPS3)

Tel: 01752 407929
Mobile: 07575 483025

Email: murphygscpo@yahoo.co.uk

CONTACT INFORMATION

HELPLINE 07530 978938

TINA 07940 308757

DEBBIE 007872 985770

SCMA CHILD PROTECTION OFFICER -

SIMONE DRAKE - 07846 710694

EMAIL : scmacp@googlemail.com

CLASS AMENDMENTS

Sunday 7th February -
No classes at the Devonshire

Wednesday 10th February -
No Senior Class -
2nd Kup & above Training

Monday 15th February -
No Classes at Ivybridge

Tuesday 16th February -
No Classes at Coombe Dean

Friday 19th February -
No Senior Class -
2nd Kup & above Training

Friday 19th February -
No Senior Class -
2nd Kup & above Training

Thursday 25th February -
No Classes at Lipson

Saturday 27th February -
No Classes at Coombe Dean-
Lil' Dragons Grading &
Pre-grading

Sunday 28th February -
No Mixed Class - Bo Staff Training

COPTHORNE HOTEL OFFERS



Enjoy 3 courses for the price of 2
at our Sunday Carvery Lunch
12.30-2.30

Offer price of £9.95 for 3 courses
to include tea/coffee
£5 for children under 12, free for under 4's

Name:-----

e-mail address:-----

South Coast Martial Arts



Copthorne Hotel
Armada Way
Plymouth
PL1 1AR



Bookings essential, subject to availability
To take advantage of either offer please call
01752 224161

Or email: events.plymouth@millenniumhotels.co.uk

And quote SCMA

Offers valid throughout January and February 2010



Enjoy 2 courses for £15 in Bentley's Restaurant.

Name.....

E-mail address.....

Not valid 13th & 14th Feb 2010