



South Coast Martial Arts Newsletter

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

JANUARY 2010



JANUARY BIRTHDAY'S

We would like to wish the following students a very

Happy Birthday

Jack Vertessy
Riley Denton
Kieran Thomson
Matthew Maunder
Ben Stanbrook
Zackary Wright
Ben Williams
Jasmine Love
Matthew Ambrose
Max Frost
Callum Fears
Tommy Cotter
Stephanie Hancock
Rosie Fleming
William Buckner
Jessica Luscombe
Alex Walker
Marie Baker
Reuben Weeks
Alex Newton
Connor Douglas
Owen Kerswell
Declan Bettison
Sophie Bryant
Victoria Bedwell
Alicia Bloor
Mackenzie Hill
Hannah Pendrey
Mackenzie Thompson-
Byrne
Karen Tugwell
Charlotte Williams

We hope you all have a lovely birthday.

A BIG THANK YOU

Gary and Helen would like to thank you for your kind gifts and cards for Isabella.

We appreciate everyone's kind words and generosity. Once again a very big thank you to you all.

SQUAD TRAINING

Squad training is going to be incorporated into the class on Saturday 9th and 16th January at Coombe Dean, 10am.

BO STAFF TRAINING

As Bo Staff is one of our events, in our up and coming tournament, there will be two classes this month. They will be at the Devonshire on Sunday 10th and 17th January, at 7pm. These will be after the normal mixed class.

UMPIRE REFRESHER COURSE

For all those that attended our Umpire course last year, there is a refresher course on Friday 22nd January at the Devonshire, 6.30-8.30pm. This is just in time for our tournament which is the following day. All Derriford classes are cancelled.

HAPPY NEW YEAR!

**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



OPEN TOURNAMENT

Saturday 23rd January 2010

The Devonshire.

Featuring

Lil' Dragons, Sparring, Patterns,

Bo Staff

Destruction & Kickboxing



Get your entry forms in by
Wednesday 13th January 2010

Please ask for an entry form if you haven't already got one.

BLACK BELT TRAINING

Black belt training will be at Erme Primary school on Monday 25th January, 6-7pm. The mixed class is cancelled for this week.

BAD WEATHER



As we've been experiencing bad weather lately, please check your emails regularly, as we will email you any updates regarding classes. If you are currently not receiving emails, please email us at 2009scma@gmail.com. Also, could you please let us have a mobile number for you, as then we can also text updates. If you are in any doubt please contact us on one of the following numbers.

Helpline 07530 978938

Tina 07940 308757

Debbie 07872 985770

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

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

Gradings & Pre-Grading



Lil' Dragons
Grading
Saturday
27th February
2010

Coloured Belts,
Kickboxing &
Black Belts
Pre-grading

Times & Venues
TBC



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 & will be day and night.

Wet weather program is to get wet.

Training starts Friday night and finishes Sunday Midday.

Optional third night, should you wish to stay to unwind on the Sunday evening.

Accommodation is in Dormitories.

Places Limited.

Application Forms & Monies need to be in by
Sunday 31st January 2010.

See Tina or Debbie for an application form now.



**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: _____



**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

Please take appropriate voucher with you and hand to your server.



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

Name.....

E-mail address.....

Not valid 13th & 14th Feb 2010