

2008 FORTHCOMING EVENTS



Above: Tony Lloyd teaching at the summer camp

SUMMER CAMP 2008 in Colchester
Limited spaces left. ACT NOW!!

Join us for a week-end (4-6 July 2008) of martial arts fighting, forms and fun at next year's summer camp. Train with some of the UK's leading martial arts instructors. Throughout the weekend you will cover Kung-fu, kickboxing, aikido, weapons, knife defences, forms, speed training, ground holds and defences.

Cost for the course is £110. Deposit: £50 to secure a place. Call on 020 8715 0463 or 07774 887 885 for details.



IBIZA SUMMER CAMP August '08

Mr Lloyd and some of his instructors are running a **training course in Ibiza from 2nd August 2008**. A deposit of £100 is needed by 15th December to secure a place. There are only 20 places have been reserved, so it will be on the first come, first served basis, hurry!!

The course will include daily martial arts classes, combat skills, fighting skills, grounds holds, defence techniques, locks and throws, knife and weapon defences. Other skills are also taught, including first aid, massage and nutrition. This is a great opportunity to focus and sharpen your skills and learn new techniques and disciplines.

All inclusive 7 days is £650 or for 14 days, £810. (Installments can be arranged, contact Mr Lloyd). The cost includes accommodation in the 3-star Ereso hotel (resort Es Cana), return flight from London to Ibiza, return transfer from airport to hotel and full board (all inclusive restaurant). The hotel boasts several bars, two swimming pools, a garden complex, walking distance to the nightlife of Ibiza town, nightclubs and 200m. from the beach.

NEXT GRADING
 + CHRISTMAS AWARD PRESENTATION



The next grading for all belts will be held on **Sunday 16th December 2007** at the ATC Hall, 192 Merton Road, Wimbledon SW19 1EG (next to Tesco Express petrol station). Register at 10am, followed by a lesson at 11am, with the grading starting at noon, finishing at 5pm. Students are expected to know their syllabus. Bring full uniform, GI jacket for Kung-Fu students, all your fighting equipment, membership card, grading record card and grading fee.

On 16th Dec. we will also do the **Christmas Presentation of Awards** which will be awarding Merits and Commendations for: 1. Martial Artist of the Year, 2. Best Achiever, 3. Best Fighter, 4. Best Newcomer, 5. Special Award, 6. Sue Dwan "Fighting Spirit" Award.

★★ FIGHTING FIT - SCHOOL RULES ★★

It is the responsibility of each student to make sure the school rules are adhered to.

1. OBEDIENCE

Courtesy and respect must be shown to all Instructors and students. Listen to your Instructor as this will help to achieve maximum progress and help avoid injury to yourself and other members. Never answer your teacher back and follow his every instruction, even though they may not always be to your liking. The Instructor's word is final and must always be obeyed.

2. UNIFORM

Members must wear full uniform with SEAL LUNG logos at all classes. Protective equipment must be worn during sparring. White socks must be worn, with martial arts trainers (with no laces). The school reserves the right to refuse admission or to terminate the training of any pupil who is continually late for class, unsuitably dressed, disrespectful, or whose behaviour is detrimental to the standards of the school. To avoid injury to you and other students, no jewellery of any kind should be worn.

3. RESPECT

Students **MUST** show respects when entering and leaving the class by bowing, and also to your Instructor after a demonstration and to your partner before and after practice. Pupils using foul language, fighting, stealing or vandalising will instantly be dismissed.

5. DISCIPLINE

While training, be serious in your efforts. No talking, chewing or drinking in the class. Concentrate solely on training, and put effort into everything that you do. The school is not a social gathering, so visitors as well as students will abide by the rules. Never lose your temper whatever the circumstances. An attitude of sportsmanship is strongly emphasised; students should aim to create a friendly and happy atmosphere in the class and to train with the spirit of comradeship. Students should train not only their bodies to achieve health and strength but also their spirit to attain a high moral standard.

6. PERSONAL HYGIENE

Maintain a high level of personal hygiene at all times, this includes a clean uniform. Nails to be cut to a practical length. If hair is long, it must be tied back. Cleanliness is essential and all students should wear a clean uniform.

7. FREE PRACTICE

When given free practice, use that time to practise any part of the art that you find troublesome or difficult. During freestyle (unless otherwise officially instructed), never attack the back, the groin or the knees and never use the tiger claw, dragon tooth strikes, hook kicks or spinning back fist strike.

8. QUESTIONS

The Instructor is there to teach you and to answer your questions, however, do not bother him/her with trivial questions. If you have any doubts ask a higher graded member first. Students should listen to the Instructor and train according to his/her direction. This will help to achieve maximum progress and avoid any injury.

9. ATTENTION

While training is in progress, students must remain quiet and attentive.

10. DISCRETION

Exercise discretion when explaining to others about **Seal Lung/Fighting Fit**. Do not provoke ill feelings or rivalry with students from other schools, and never abuse your ability on anyone at anytime.

11. PARTICIPATION

Any person wishing to watch a class in session must first ask an Instructor. On being given permission, sit quietly. You may watch for one session only, after that you will be required to participate if authorised by an Instructor.

These rules must be adhered to at all times for personal safety and to keep the school in smooth working order. Disciplinary action will be taken at any violation of the above rules. Intentional disobedience will result in suspension or expulsion from the school. Discipline is an essential part of the Martial Arts, if you do not observe our rules you will not be welcome into the school and membership may in extreme cases be revoked.

Instructor Training Course

Want to become an instructor? The instructor training course is open to members (blue belt and above). It will give you all the skills to become a first rate martial arts instructor. The **4-week course starts on 13th January 2008**, will be followed by an exam at the end and will cover:

- Teaching Techniques
- Marketing and Sales
- First Aid
- Physiology
- Self-Defence
- Nutrition
- Sports Massage



Below: Instructor Steve Ray teaching a student

The course will be lead by chief instructor Mr Tony Lloyd, and include sessions from leading experts in the field of sales, first aid, martial arts and nutrition. The cost is £599. Contact Mr Lloyd for more details.

GET 50% OFF YOUR CLASS FEE

Any Fighting Fit member who brings a friend to class will get their class for half price!

Christmas Break

Please note that the last class will be held on 15th December 2007 before we break up for Christmas. Classes will resume on 7th January 2008.

FIGHTING FIT

★★ NEWSLETTER WINTER 2007 ★★

MR TONY LLOYD

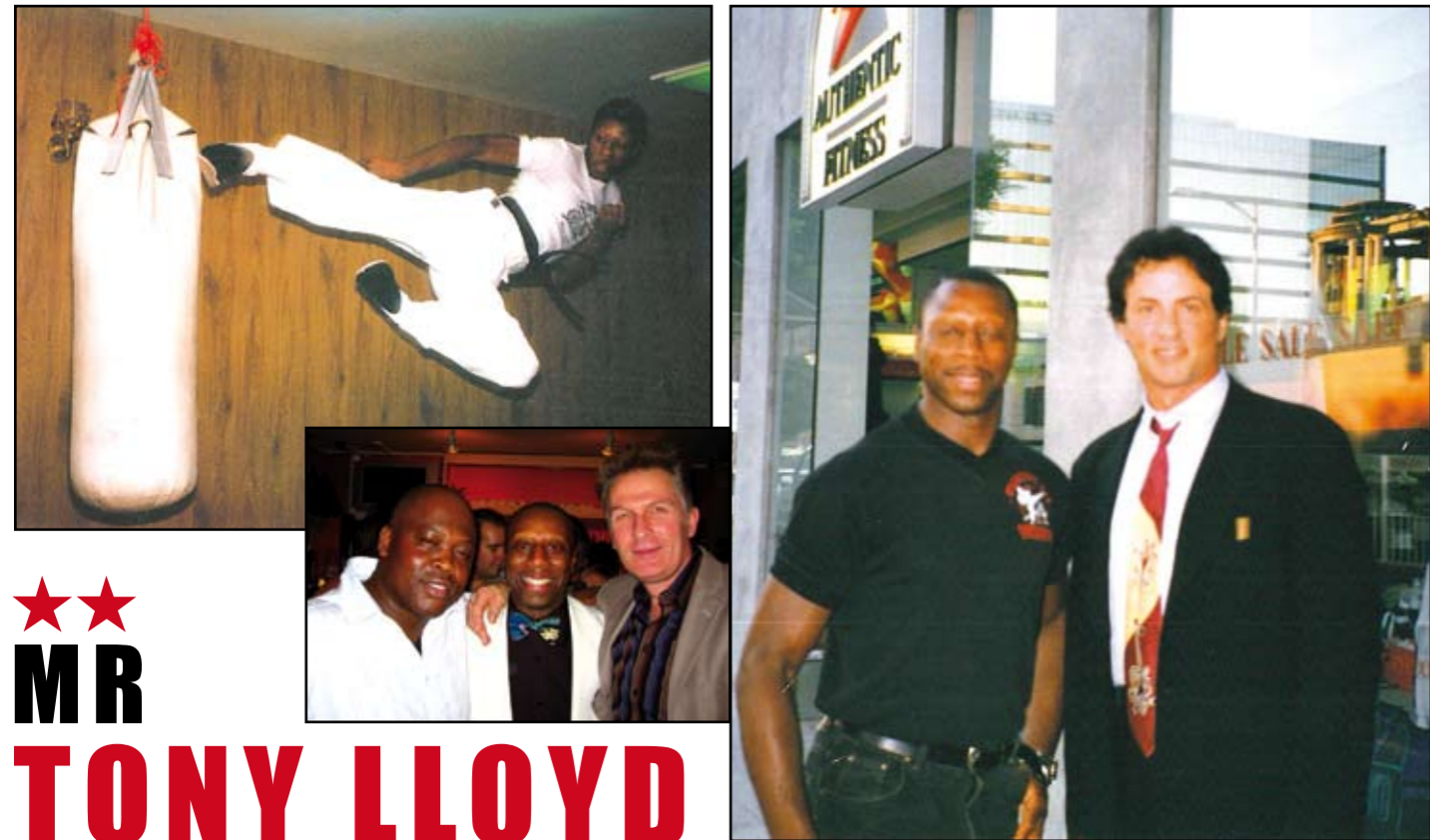


CELEBRATING HIS 50th BIRTHDAY

★★ AND ★★

35 YEARS TEACHING MARTIAL ARTS WORLDWIDE

Below (clockwise): 1. Tony Lloyd demonstrating a flying side kick. 2. Tony Lloyd with Sylvester Stallone, Los Angeles, 1997. 3. Tony Lloyd with Earlington Smith (left) and Mark Hanson (right) - both are school friends of Tony's since the age of 11 years old.



★★★ MR TONY LLOYD STILL FIGHTING FIT

At 50, Mr Tony Lloyd, founder of Fighting Fit, tells us about his impressive 35-year career as a martial artist, his life experience and his personal achievements...

Tony, you have an impressive thirty-five year career under your belt. Can you tell us how it all started?

T.L.: "I was 9 years old, when I was attacked and beaten up by an adult while playing around on Wimbledon Common. From that day I decided that this would never happen again. I was really into martial arts, and joined a Judo, then a Karate club. I started practicing regularly, eventually gaining my first black belt at 17. At school, the students asked me to teach them, which I did. At the age of 15 when I opened *The Little Dragon Martial Arts School*, it all started from there..."

During these years, how did you develop the Seal Lung style?

T.L.: "During half term, I used to go and try out different martial arts clubs and classes which allowed me to experience with a huge variety of martial arts and see the strength of each and every one of them. It also allows you to find out what is most appropriate for you and discover what you are good at. Look out for instructors who will look out for you as opposed to those who will try to 'show off' or intimidate you. One thing I am very drastic about and what I teach all my instructors is to have respect for the students. My instructors leave their egos outside of the class room. They are here to teach people, to pass on a knowledge and help people - not to impress them by trying to look hard! Martial arts are about self-control as well as respect, but also SELF-respect. At Fighting Fit we have a very wide range of people coming from



Above (top): Tony Lloyd practicing (bottom): Sparring in Ibiza with his wife Jan.

all sorts of social, ethnic backgrounds and we are happy to open our doors to everyone motivated enough to come and train. We have about as many women and children training nowadays than men. And the variety of classes (women's only, children's only, fighting classes etc) as well as the numerous locations

we have now extended to, make it easy for anyone to join."

What is the secret of the success behind the growth and evolution of Fighting Fit over the past years?

T.L.: "People who come to the classes all have different personal goals: Women, for example, tend to come more for the 'fitness' aspect of kickboxing, as it is one of the most complete and most physically demanding training. Men tend to join in for the long-term, competitive aspect and are usually more interested in grading and fighting. Children obviously join on their parents' request especially nowadays a lot of parents are concerned about school bullying and want their child to be able to defend themselves and grow in confidence. Kids realise it's great fun as well and a great way of releasing energy. I have two daughters. I have been teaching my six-year old one for a few years and she absolutely loves it!"

Have you ever been implicated into a 'street' fight?

T.L.: "Oh yes! I have been in quite a few. In the early days, people wanted to try me out. Because at the time, not many people were involved in martial arts in Europe. The most common fighting sport was perhaps Judo. But most of the fights I was involved in were in order to help or defend someone who was in a difficult situation."

Aside from offering class tuition, you also offer personal training. What

are the main benefits of getting a tailored personal training session?

T.L.: "Getting a personal trainer will boost your confidence, improve your fitness considerably and get your body in great shape, not to mention how it improves your mental wellbeing. Sometimes it can be difficult in class to get all the individual attention you need. Having a personal trainer helps you to set up specific goals and reach your targets. A good instructor will motivate, encourage and guide you in the right direction, while monitoring your progress and adjusting your training programme if needed, so that you get the most out of your workout.

I always try to ensure that my clients are performing the exercises in impeccable form. Whether they want to lose weight, build strength or stamina, prepare for competitions, they get 100% of my attention focused on them. I also advise on other areas of wellness, such as diet, nutrition, sports injury treatment and massage."

Along all these years you have trained quite a wide range of individuals...

T.L.: "Yes, I have trained film and TV stars, models, the police, security staff, armed forces, royalty, as well as builders, bankers, plumbers and school children! It's not about what you've got, but what you want.

Part of my job includes counselling, some of my clients want to be more confident or want to unclutter their heads. It helps to have

someone unbiased to talk to when you want to get something off your chest. Especially when you know it is completely confidential. I have a lot of different people training with me, and they all have their own unique needs.

I strongly believe that to achieve your life's goals, you need the desire and the motivation."

Below: 1. Tony Lloyd with Adrian Tyndale, Senior Instructor and Coach of the British Akido Association. 2. Tony Lloyd receiving the Ambassador for Peace Award from the Mayor of Wandsworth.



Below and right: Chris training in Thailand



Chris Bates tells of her recent exciting adventure at the Fairtex training camp East of Bangkok, Thailand.

"Everyone and anyone knows how much I train but I have to say my trip to Thailand pushed me. For 5 long weeks I was able to fit in an equivalent of 24 weeks of training.

With Kim, Epsom Student, at my side for 2 weeks, we helped each other get through the tough long days. Each day started at 6 am. The hard-core guys and the Thai were out running the roads but most Westerners headed for the gym on the treadmill or bikes for 45 minutes. This was followed by 6 to 10 rounds which varied from 4 to 6 minutes. Technique and power was built up here. As the clock kept ticking, bag work began, followed by press-ups and 300 sit-ups. Everyone who complains that I do too many sit-ups in class, remember that number - 300 - that will be the number one session!

After two hours of training breakfast was served. Then all starts again at 1 p.m.. Oh, and if this doesn't sound tough



Chris Bates' Thai Adventure

enough already... for at least 3 out of 5 of the weeks the temperature was 45 degrees and 98% humidity!

I have to say, I would recommend the training to anyone. Power, stamina and strength are the key elements learnt here. Thai technique is different from Seal Lung but easy to adapt, just remember to switch back when returning to class. Training along side the Thai's was the most rewarding part of the trip. Especially seeing all the kids training and returning from competition fights... They start training at a young age! The one tip

I will give you all is to be fit before you go. Don't do what I did and go there after a whole year of not training. Makes the hard work even harder!"

MARTIAL ARTS DISPLAYS at the National All styles Competition
All day (from 10am) competition. Martial Arts display between 5-6pm. No registration needed, just turn up on the day. **Saturday 1st December.**

K2 Sports Center
Crawley,
Pease Piottage Hill,
RH11 9BQ.



Raiders Team / NAS Competition

30th September, 2007

Congratulations to all those who participated!



- Adam Green** Form - novice (Gold)
Point sparring - intermediate (Gold)
Continuous sparring - novice (Silver)
- Chris Bates** Form - Black belt open
Point sparring - Black belt open
Continuous sparring - Black belt open (Gold)
- Geoff Allan** Point sparring - advanced
Continuous sparring - advanced
- Guenna Forbes** Form - 14 to 15 yr old
Continuous sparring - 12 to 14 yr old
- Jim Blakler** Point sparring - intermediate
Continuous sparring - novice
- Jonathan Pasco** Point sparring - novice
Continuous sparring - novice
- Kei Enomoto** Form - intermediate (Gold)
Point sparring - intermediate (Bronze)
Continuous sparring - novice (Bronze)
- Kelly Bird** Point sparring - novice (Silver)
Continuous sparring - novice
- Miguel Soria** Point sparring - novice
Continuous sparring - novice
- Nadif Hall-Chambers** Point sparring - 12 to 13 yr old
- Tony Hall-Chambers** Veteran sparring
Point sparring - intermediate (Bronze)
Continuous sparring - novice (Bronze)



Fighting Fit welcomes our new baby: Phoenix

Picture shows the newest addition to the Fighting Fit family: from left to right: Dad Ed Mitchell, Mum Sophie Mitchell, baby Phoenix, and front middle Toni Lloyd. Phoenix and Toni (Lloyd) share the same birthday, that is 26th June! Congratulations to the couple who have recently got married!

Personal training sessions

Want more out of your work-out with training at times to suit you?

Personal training sessions can be held at one of our school locations, your home or work place or at one of our personal training studios. For details on prices, locations and for information on sessions tailored to meet your needs, please speak to your instructor for further details. Highly recommended for those going for grading.